

**GF Friendly**

## Beef and Vegie Soup

**A cheap and easy beef and vegetable soup**

- 150g minced beef
- 2 carrots, peeled and sliced thinly
- 2 sticks celery, sliced thinly across the stalk
- ½ cup each of frozen green beans and peas
- 1 small onion, quartered and sliced
- 2 medium potatoes, cubed
- 2 beef Oxo cubes, or other
- 1 Tbsp beef stock powder
- 1 level Tbsp brown gravy powder + water to mix
- 1½ - 2 litres water



Your own choice of spices, but beware of overdoing it

Except for the onion, the rest of the vegetables can be prepared earlier and placed in a bowl, then covered with the water.

In a medium pan, fry the beef mince over a low heat, breaking it up and turning until browned; then drain off the fat before proceeding. Add the sliced onion to this and continue frying until it begins softening. Pour in about 200ml of water, crumble on the stock cubes, add the stock powder and stir to combine. Put in the remaining vegies and water, bring to the boil; then turn down to simmer, partially covered until the vegies have softened to your liking. Stir occasionally, adding more water if necessary.

Finally, mix the gravy powder in a dish with a little water to make a thin cream, then stir quickly into the soup and continue stirring until the liquid thickens. You can try some spices now, but do it a bit at a time, tasting as you go. If the soup is too watery for you, leave the pan on a low to medium heat to reduce the liquid.

Serves 4

Not recommended for freezing if potatoes are used

**Tip:** The choice and amount of vegetables is up to you, and the meat can be whatever you like; or it can be left out altogether.

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