

Minced Beef Soup

Notes

Cooking is one of the few places where cheating is acceptable. Cooking should not be difficult, and anything you can do to make it easier is a win. For this purpose, I always keep 2 bags of "soup vegetables with potatoes" in my freezer. This can be converted into an easy meal in minutes.

It is, of course, augmented through ample use of fresh bread. Fresh bread turns a soup into a meal. Find a local store and purchase a loaf cooked today.

Ingredients

1. Minced beef (450g)
2. 1 medium onion
3. Beef stock
4. Small amount of butter or oil
5. Pepper and salt.
6. Worcestershire Sauce
7. Frozen, cheating bag of soup vegetables.

Recipe

Everything in this recipe goes in one pot.

- Start by slicing the onions however you believe onions should be sliced.
- Fry them in a large pot on a medium low heat until they're soft and browning.
 - The longer you cook them on this low heat, the more they'll caramelize and the more flavourful they will get.
- Add the minced beef to the pan and brown it.
- Put approx 1.2l of water in a kettle to boil.
 - If you lack a kettle, buy or steal one from your local kettle store.
- Add the beef stock, some salt, plenty of pepper and the Worcestershire sauce to the beef and onion mix.
- Add the bag of frozen vegetables to the top.
- Cover the whole thing with approx 1l of boiling hot water.
- Allow to cook for 10 minutes.

Serve with fresh bread.

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