

# Mangia Bene, Viva Bene

By FRANK ZEOLI



## Vegetable Soup



As a kid, during this time of year, soups would make an appearance on our dinner table almost every week. My grandmother would make so many varieties using everything she had left over from other meals. Vegetable Soup was one of those soups that she would often make using every vegetable she had in the refrigerator or freezer. As I have said before, she had a soup club made up of family and friends who would receive soup anytime she made it. This one was everyone's favorite.

*My grandmother would usually use fresh vegetables however, you can use frozen or canned vegetables too. She would use both on occasions when she had nothing left over.*



**Prep Time: 25 minutes | Cook Time: 2 hours**

### Ingredients

- 1/2 lb. of celery
- 1 lb. of corn
- 1/2 lb. of carrots
- 1 lb. of peas
- 1 lb. of green beans (cut)
- 3 lbs. of russet potatoes
- 1 lb. of barley (dried)
- 3 lbs. of ground beef (lean 92% or higher is preferred)
- 1 tablespoon of fresh garlic (minced)
- 2 tablespoons of olive oil
- 1 tablespoon of onion powder
- 1 tablespoon of dried parsley
- 1/2 stick of butter
- 2- 28 oz. cans of crushed tomatoes and 2 cans of water
- 2- 32 oz. cans of beef broth
- 1 teaspoon of salt
- 1/4 teaspoon of black pepper

### Instructions

1. Dice the celery, carrots and potatoes and set aside.
2. In a soup pot on medium high heat, add the butter. Let the butter melt and add the celery, carrots, garlic, and the olive oil. Stir and let sauté until the vegetables are tender about 10 minutes. Add the ground beef and cook for another 15 minutes until the beef is cooked.

3. Add the crushed tomatoes, the water, parsley, onion powder, salt and pepper and let it simmer for about 5 minutes. Add the beef broth, potatoes and barley and let it come to a boil. After it comes to a boil, reduce the heat to a simmer. Add the peas, corn, and the beans.

4. Simmer on medium low heat for about 1 to 1 1/2 hours, stirring occasionally.

5. The soup is done when the potatoes and vegetables are soft.

Serve it hot with some good Italian bread.



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**SIAMO QUI**