



MASSINGBERD - MUNDY

Lincoln Red

B E E F

Perfect-for-winter Hearty Beef Soup

For the perfect winter warmer, you don't need to look any further than this sumptuous soup. Delicious broth, chunky veg and tender beef all come together to make the ideal meal for the colder months.

Ingredients:

- 400g diced Lincoln Red Beef
- 2 stalks of celery
- 1 onion
- 3 carrots
- 2 large potatoes
- 2 tbsp tomato puree
- 3-4 stalks fresh thyme
- 3tbsp flour
- 850ml (1.5 pints) beef stock
- 450ml (3/4 pint) hot water
- 2 tbsp oil
- Salt + pepper to taste

To make

- Begin by prepping your vegetables. Peel and finely dice your onions, and finely dice your celery. Peel and chop your carrots and potatoes into roughly 2cm/ 1/2-inch pieces.
- Pat your diced beef dry with paper towels, and then sprinkle with flour. Toss to coat completely.
- In a large, heavy-bottomed pot heat your oil on medium. Once hot, add your beef, being careful not to crowd the pan. Once browned on the first side, turn and continue cooking until the meat is browned on all sides. Remove from the pan and set aside on a plate.
- In the now-empty pan, add in your onion and celery, and sweat for 5-6 minutes, until softened. Add your tomato paste and stir, letting the paste cook down a little.
- Deglaze the bottom of the pot with a little beef stock, stirring until all of the tomato paste is incorporated and nothing is stuck to the pot. Add in the remaining beef stock.
- Now add in your thyme, potatoes, and carrots, and return the beef to the pot. If needed, top the pot up with water until the beef and vegetables are well covered.
- Cook on the stovetop for 3-4 hours, stirring occasionally, turning down to low if necessary.
- If, once the vegetables are soft, the stock is still a little thin, mix a further tablespoon of flour with a splash of cold water until no lumps remain, and stir into the soup. Cook on medium for a further 10 minutes and the soup will thicken. Remove the thyme stalks before serving.
- Serve with warm crusty rolls for dipping, and top with fresh parsley.

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