



AMERICAN (AMISH)

Amish Vegetable Beef Soup

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	8	25 min	2 hr 45 min	Simmer	Shank

Ingredients

- 1.2 kg (2½ lb) bone-in beef shank, in thick slices
- 2.5 litres (10 cups) water
- 1 onion, chopped
- 1 bay leaf
- 2 tsp salt, plus more to taste
- ½ tsp black pepper
- 800 ml (28 oz) canned diced tomatoes
- 3 potatoes, diced
- 3 carrots, sliced
- 2 celery stalks, sliced
- 200 g (1½ cups) green beans, cut into short lengths
- 150 g (1 cup) corn, frozen or canned
- 150 g (1 cup) peas, frozen
- 50 g (¼ cup) pearl barley (optional)
- 2 tbsps chopped fresh parsley

Steps

1. Put the shank, water, onion, bay, salt and pepper in a large pot. Bring to a boil over high heat and skim the foam for 10 minutes.
2. Lower the heat and simmer partly covered for 2 hours, until the meat falls off the bone.
3. Lift out the shank, pull the meat into small pieces and discard the bones and gristle. Return the meat to the pot.
4. Add the tomatoes, potatoes, carrots, celery, beans and barley. Simmer 30 minutes, until the vegetables and barley are tender.
5. Add the corn and peas and cook 5 minutes more.
6. Taste and add salt; the broth should be full and beefy. Stir in the parsley and remove the bay leaf.

Notes

- **Canning season:** Amish cooks use whatever home-canned tomatoes, beans and corn are on the shelf, so any mix of vegetables works.
- **Make ahead:** it freezes well in portions for 3 months; thaw overnight in the fridge and reheat until steaming hot.
- **Other cuts:** stewing beef or chuck cubes, browned first, cook in 1½ hours.
- **Slow cooker:** no browning needed. Cook shank, 2 litres (8 cups) water and seasonings on low 8 hr, add vegetables for the last hour on high, then peas and corn.
- **Chef's touch:** stir in a splash of cider vinegar off the heat to brighten the broth.