

Vegetable Beef Soup

2 lbs. Bone-In Beef Short Ribs (Salt and Peppered)
1 Medium Diced Yellow Onion
3 Stalks Celery (Chopped)
2 Carrots (Chopped)
1 28 oz. Can Crushed Tomatoes
2 Bay Leaves
3 Sprigs of Fresh Thyme
10 oz. bag Frozen Corn
10 oz. bag Frozen Cut Okra (NOT BREADED)
10 oz. bag Frozen Lima Beans
10 oz. bag Frozen Black-Eyed Peas
2 cups Diced Red Potatoes
8oz can Green Beans
8 oz. Cooked Elbow Macaroni
1 Tbsp. Beef Base
1 Tbsp. Worcestershire Sauce
1½ Tbsp. Garlic Powder
1 Tbsp. Italian Seasoning
2 tsp Celery Seed
1 tsp Salt
½ tsp Pepper
6 Cups Water

Combine short ribs, onion, celery, carrots, bay leaves, beef base, Worcestershire Sauce, celery seeds, garlic powder, Italian seasoning, thyme, tomatoes, salt and pepper and water in a large pressure cooker and cook for 20-25 minutes and release pressure.

(An 8-quart stock pot can be substituted but your cooking time will increase dramatically.)

Remove the short ribs and let cool.

Add the peas, green beans, corn, potatoes, lima beans, macaroni, and okra.

Adjust your salt and pepper and cover and cook another 10 minutes.

Cut up the short ribs and remove the fat. Add to the soup at the end of the cook and enjoy this with all your friends!