

MeMa's Vegetable Soup,

Melba Yeary cooked all day and to get this soup right... it takes that long to make it.

Ingredients: (GV stands for Great Value, since all this is from Wal-Mart)

2 lbs Sirloin Steak, either already cut up for beef stew or cut it yourself from a sirloin steak. Cut one-inch squares; trim as much fat off as possible.

3 packages of great value stew mix

1/3 of a cabbage – chopped into 1 inch squares

1 onion cut into medium (3/4 inch) size pieces

3 cans of GV value beef broth

1 can (15oz) of GV diced tomatoes

4 cans of GV diced potatoes

2 Bay leaves

1 16oz bag of frozen lima beans

1 bag (28oz) Picweet Frozen Vegetables (I don't like okra, so I take them out first)

Cook in an 8qt stockpot:

1 HOUR ONE - Cook all of the Sirloin with one can of beef broth and one can of water for one hour at a low boil. Stirring frequently to keep it from sticking to the bottom of the pan. While this is cooking, it's a great time to chop the cabbage and onion and set aside

2 HOUR TWO - After an hour add another can of beef broth, another can of water, and stir in the three packages of beef stew mix. Stir and let cook again at a low boil for another 30 minutes.

3 HOUR TWO AND A HALF - Add bay leaves, the last can of beef broth, the package of frozen lima beans, 4 cans of diced potatoes (do not pour the water off the potatoes), can of crushed tomatoes, onion, and cabbage. Reduce heat to simmer for another hour, stirring frequently.

4 HOUR THREE AND A HALF - Finally add the mixed vegetables, cover, and simmer for at least an hour.

5 HOUR FOUR AND A HALF - Remove the bay leaves before serving.

FREEZE LEFT-OVER SOUP FOR COLD DAYS WITH GRILLED CHEESE SANDWICHES