

Leftover Roast Beef Soup

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Ingredients:

- 1 cup celery, chopped
- 1 cup carrot, chopped
- 1 onion, diced
- 1 cup mushrooms, sliced
- 1 cup broccoli, chopped
- 1 cup brussel sprouts, halved
- 2 cups leftover roast beef, chopped
- 1 x 900 ml carton of beef stock
- 3 tbsp butter or coconut oil
- A few dashes of roasted garlic and red pepper spice
- Salt and pepper
- Optional: Cauliflower, sweet potato – whatever is in your fridge!

Preparation:

1. Sauté onion, carrots, celery, mushrooms and a pinch of salt in butter or coconut oil for 5 minutes.
2. Add brussel sprouts, roast beef and beef stock. Season with roasted garlic and red pepper spice. Simmer for 45 minutes.
3. Add broccoli and simmer 15 minutes longer. Add water if you prefer it more soupy. Add salt and pepper to taste.

This recipe serves 5 to 6 servings.