

More than 1 hour

MAKES 4½L

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Ingredients:

- 3 Tbsp (45ml) olive oil
- Salt and milled pepper
- 1.3kg stewing beef or beef goulash
- ½ cup (125ml) cornflour
- 2 onions, chopped
- 4 stalks celery, sliced
- 4 cloves garlic, grated
- 1 large packet (100g) tomato paste
- 1 cup (250ml) red wine (optional)
- 8 sprigs thyme
- 2 sprigs rosemary
- 6 carrots, grated
- 3 Tbsp (45ml) Worcestershire sauce
- 1 Tbsp (15ml) ground coriander
- 1 tsp (5ml) salt
- 6 cups (1.5L) beef stock
- 2 cans (400g each) chopped and peeled tomatoes
- 1 Tbsp (15ml) sugar
- ½ cup (125g) butter (optional)
- 2 cans (400g each) cannellini beans, rinsed and drained
- 400g baby marrow (or green veg of choice)
- 1 packet (300g) Swiss chard or kale, chopped
- Parmesan shavings, for serving
- Torn chunks ciabatta bread, for serving

Method:

1. Heat oil in a large 6-8L pot.
2. Season beef and lightly coat with cornflour, dusting off excess.
3. Brown beef in batches (this prevents steaming).
4. Remove beef and set aside.
5. Sauté onion and celery for 8-10 minutes or until golden, adding more oil if needed.
6. Add garlic and tomato paste and cook until sticky.
7. Add wine (if using) and reduce by half.
8. Return meat to pot and add remaining ingredients (excluding butter, beans, marrows, spinach and serving suggestions).
9. Simmer for 1½-2 hours or until meat is tender.
10. Add butter and stir until melted. (Hint: At this stage, the soup can be cooled completely and then frozen as it works as a great base for other soups).
11. Stir through cannellini beans and baby marrow for 3-4 minutes (add another can of beans if you prefer a bulkier soup).
12. Add Swiss chard or kale just before serving.
13. Serve soup topped with generous gratings of parmesan and torn chunks ciabatta bread.