



Caldo De Res Beef Soup

Oscar · 29/09/2024



Prep Time

N/A

Dificult

Medium

Servings

N/A

Description

This is a traditional Mexican home recipe for beef soup Caldo De Res Without the meat it is also delicious as a vegetarian soup Serve with French rolls or corn tortillas and your favorite salsa

Ingredients

- - 1 pound beef shank - 1 tomato
- quartered - 2 potatoes
- cubed - 1 onion
- chopped - 3 carrots
- chopped - ½ medium head cabbage
- chopped - 4 cloves garlic
- minced - 6 teaspoons chopped fresh cilantro - 1 tablespoon salt - ¼ teaspoon ground cumin - 2 fluid ounces fresh lime juice

Instructions

1. In a large pot over low heat combine the beef
2. tomato
3. potatoes
4. onion
5. carrots
6. cabbage
7. garlic
8. 5 teaspoons cilantro
9. salt and cumin. Add water to cover and stir well. Cover and simmer for 2 hours. Remove lid
10. stir
11. and simmer for another hour with lid off. Serve hot. Just before eating
12. squeeze in fresh lime juice to taste and sprinkle with remaining cilantro.