Beef and Lentil Soup

Jacob · 30/09/2024



Prep Time

2 hrs 25 mins

Dificult

Medium

Servings

8

Description

This lentil soup with beef is full of protein and great for lunch I make a batch of this to reheat all week

Ingredients

- - 2 tablespoons olive oil - 1 pound beef chuck
- cut into 1-inch cubes - salt and pepper to taste - 1 large onion
- chopped - 2 large carrots
- chopped - 2 large stalks celery
- chopped - 6 cloves garlic
- chopped - 1 ½ teaspoons dried cilantro - 1 teaspoon dried oregano - 2 (32 ounce) cartons chicken broth - 1 (28 ounce) can diced tomatoes - 2 cups dry lentils - ¼ cup chopped fresh parsley - ½ cup grated Parmesan cheese
- or to taste

Instructions

1. Heat olive oil in a large pot over medium-high heat until it begins to smoke. Season beef with salt and pepper
2. then gently add to the pot until browned on all sides
3. about 8 minutes. Transfer beef to a plate and reserve remaining oil in the pot. Add onion
4. carrots
5. celery
6. garlic
7. cilantro
8. and oregano to the pot; cook and stir until onion has softened and turned translucent
9. about 8 minutes. Pour in chicken broth and tomatoes
10. then return beef to the pot and bring to a boil over high heat. Reduce heat to medium-low
11. cover
12. and simmer until beef is beginning to turn tender
13. about 1 hour. Add lentils
14. then cover and simmer until lentils are tender
15. about 40 minutes. Season again with salt and pepper
16. then stir in parsley. Sprinkle with Parmesan cheese to serve.