

## Chunky Potato and Beef Soup

2 Tbsp. oil	3 ¾ c. beef bouillon (broth)
8 oz. lean braising or frying steak, cut into strips	8 baby corn cobs, sliced
8 oz. new potatoes, halved	1 bouquet garni (opt.)
1 carrot, diced	2 Tbsp. dry sherry (opt.)
2 celery stalks, sliced	salt and pepper
2 leeks, sliced	chopped fresh parsley, to garnish
	crusty bread, to serve

1. Heat the oil in a large pan. Add the strips of steak to the pan and cook for 3 minutes, turning constantly.
2. Add the halved potatoes, diced carrot, and sliced celery and leeks. Cook, stirring constantly, for a further 5 minutes.
3. Pour in the beef bouillon and bring to a boil over medium heat. Reduce the heat until the liquid is simmering gently, and then add the sliced baby corn cobs and the bouquet garni.
4. Cook the soup for a further 20 minutes or until the meat and all the vegetables are tender.
5. Remove the bouquet garni from the pan and discard. Stir the dry sherry into the soup and then season to taste with salt and pepper.
6. Pour the soup into warmed soup bowls and garnish with the chopped fresh parsley. Serve immediately with crusty bread.

NUTRITION: Calories 187; sugars 3 g; protein 14 g; carbohydrates 23 g; fat 9 g; saturates 2g.