

*November*  
**BEEF-VEGETABLE SOUP**  
pictured on page 97

**2 pounds beef shank with bone**  
**3 quarts cold water**  
**2 tablespoons salt**  
**1 can (28 oz.) tomatoes, undrained**  
**1 large onion, chopped**  
**1 cup green peas (fresh or frozen)**  
**1 cup diced potatoes**  
**1 cup sliced carrots**  
**1 cup sliced celery**  
**1 cup baby lima beans (fresh or frozen)**  
**1 cup cut green beans (fresh or frozen)**  
**½ cup medium barley, uncooked**  
**2 tablespoons chopped parsley**  
**1 tablespoon aromatic bitters**  
**¼ teaspoon thyme, crushed**  
**¼ teaspoon sugar**  
**Salt and pepper to taste**

In large saucepot, place beef shank, water and salt; heat to boiling. Skim off any foam that forms on surface; discard. Lower heat and simmer 2½ to 3 hours or until meat is tender. Remove bone and trim off meat; reserve meat and discard bone. Skim fat from soup.

Return meat to saucepot and add vegetables, barley, parsley, bitters, thyme and sugar. Heat to boiling; reduce heat and simmer, partly covered, 1 hour, stirring occasionally. Season to taste. (*May be prepared in advance. Cover and refrigerate up to 2 days. Or, spoon into freezer-proof containers; freeze up to 2 months.*) Makes 12 cups of soup (3 quarts), about 8 main dish servings at 270 calories each.