

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.