

Beef & Mushroom Herbed Soup or Stew

Serves 3-4



INGREDIENTS

¼- ½ Lb. Shiitake or Porcini mushrooms	1 lb. Beef stew meat
1 C. Dales Marinade	2 T. Smoke Seasoning
2 T. Olive Oil	5 C Water
3-4 Red potatoes – cubed	½ small Vidalia onion – cubed
3-4 Carrots – sliced	2 Celery Stalks - sliced
½ Green bell pepper – diced	½ Red bell pepper – diced
1 Garlic clove – minced or crushed	1 T. Webber, NY Steak Seasoning (brand does matter)
Beef bouillon or broth	1 T. Fresh Rosemary leaves, chopped
1 T. Fresh Marjoram leaves	½ stick butter
6 T. Cornstarch	¼ C. water

Place the beef cubes in a Ziploc baggie with the Dales and liquid smoke. Let marinate about 30 minutes. While it's marinating, prep (chop & dice) your veggies. Heat the olive oil in a small skillet. Remove the beef from the marinade, and quickly sear in the skillet to brown in. You want it browned, but not over cooked to the point of become rubbery. I would cook it to the same point as you would like when eating steak. Remove meat from the skillet and set aside. Turn the heat down to medium-low and add the mushrooms. Sauté the mushrooms until lightly done. They will release their water and become softened, but to no cook to the point that they start to brown. Remove mushrooms, and set them aside.

In a large Dutch oven add: water, potatoes, onions, carrots, celery, bell peppers, garlic, steak seasoning, and beef bouillon. Bring to a simmer and cook until the potatoes and carrots have softened. Add the mushrooms, herbs, and butter, and continue simmering about 2-5 minutes.

While that is simmering, place cornstarch in a small cup. Add ¼ cup of water and mix together with a fork until the cornstarch is dissolved and all lumps are gone. Pour this into the soup and quickly stir. The soup will thicken quickly. Turn off the heat. Add the meat, stir well, and serve.



Notes: *I do not salt when cooking. For one, the flavor cooks down quickly and you might need to add more, which raises the sodium levels. Secondly, everyone likes a different amount of salt, so I serve the dish with sea salt on the side and let everyone salt to their own taste.*

Also, the fresh herbs are absolutely the key to this recipe. It's just not the same with dried herbs, but they will do in a pinch.

You may use more or less cornstarch to achieve the thickness you prefer. Add more to make stew or less for a thinner soup

Dried mushrooms may also be used and are wonderful. To use dried mushrooms, soak the mushrooms first in the 5 cups of water until they are fully soft. (about 30 minutes) Then remove them and set aside until needed. Don't discard that water. The dried mushrooms add their wonderful flavor to the water, so you definitely want to use that water for the soup.

CREDIT: Recipe by Angel Miller of 2 Angels Mushroom Farm. 2AngelsMushrooms.com