

Dried Beef Soup

Servings : 8

Amount	Measure	Ingredient - Preparation Method
2	tablespoons	olive oil
1 1/2	cups	onion - thinly sliced
1	teaspoon	garlic - minced
3/4	cup	carne seca - diced or cut into strips
2	cups	plum tomatoes - chopped
1/2	cup	cilantro - chopped
8	cups	beef broth
1	cup	potato - med-diced
1/2	cup	carrots - med-diced
		salt
		freshly ground black pepper

Heat a soup pot over medium heat. Add the olive oil. When shimmering, add the onion and saute, stirring occasionally, until it is tender and a deep golden brown, 12 to 15 minutes. Add the garlic and cook for another 30 to 40 seconds.

Add the beef, tomatoes and cilantro, stir well to coat, and saute for 3 more minutes. Add the broth, potatoes and carrots and bring the soup to a boil, skimming the surface, as needed. Reduce heat slightly, and simmer until the carrots are tender, 25 to 30 minutes. Season with salt and pepper.