

Vegetable Beef Soup

A nice bowl of steaming hot soup is quintessential during the colder months. The simple thing about making a soup is that you can dump almost anything in a pot, add some liquid and seasonings, and voila!

- 4 cups tomato juice (or V8)
- 4 cups beef broth
- 1 lb lean roasting beef or ground beef
- 2 onions, chopped
- 1 large green bell pepper, chopped
- 3 stalks celery, diced
- ~30 oz mixed vegetables, canned or frozen
- 1/2 teaspoon ground oregano
- 2 bay leaves
- Salt & pepper, to taste

Combine all ingredients in the crockpot and cook on low for 6-8 hours. Remove beef about midway and cut into bite-sized pieces and return to the crockpot. Add barley about 20 minutes before soup is ready.

