



Hearty Beef and Vegetable Soup



SERVES: 8

PREP TIME: 30 MINUTES

COOK TIME: 8-10 HOURS

Ingredients

- 2 pounds well trimmed chuck roast shoulder, cut into 1 inch pieces
- 1 lb. of baby new potatoes, quartered
- 4 medium carrots, sliced
- 1 cup celery, sliced
- 2 cups mushrooms, sliced in half
- 1 small sweet onion, sliced

Broth

- 8 cups chicken broth
- 10 medium garlic cloves, chopped
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 teaspoons ground coriander
- 2 teaspoon fennel seeds
- 1 heaping tablespoon of thyme, chopped
- 1 heaping tablespoon of rosemary, chopped
- 2 lemons, zest and juice
- 3 tablespoon tomato paste
- 2 tablespoons of kosher salt
- 1 tablespoon of pepper

Preparation

1. Fill your sous vide water bath with water and preheat to 183°F (84°C).
2. In a large bowl, mix together all broth ingredients and whisk to combine.
3. Divide equally all ingredients, plus broth mixture into 2 (1-gallon) vacuum pouches with valve. Use your handheld sealer or remove as much air from the pouches as possible and vacuum seal.
4. Submerge the pouches completely in the water bath and cook for 8 to 10 hours.
5. Once cooked, remove the pouches from the water bath and ladle the stew into individual bowls. Serve with toasted French bread.