



Beef and Rice Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

2 tbsp Extra Virgin Olive Oil
3 medium carrots, peeled and chopped
3 medium celery stalks, chopped
1 cup broccoli stalks, chopped
1 tsp ginger powder
1/2 lb beef, sliced (I used a part called the onglet - very tender!)
1 cup rice
3 cups beef broth
a handful of shiitake mushrooms, chopped
1 bokchoy, separated into stalks
salt and pepper

Instructions

1. Heat olive oil in a medium saucepan.
2. Toss in carrots, celery, broccoli stalks and ginger powder. Mix well with a wooden spoon.
3. Add beef and brown it.
4. Add rice and broth. Add enough water to immerse all ingredients fully.
5. When the rice is cooked, add shiitake mushrooms and bok choy.
6. Salt and pepper to taste.