

Stone Soup - Texan Beef Noodle

Makes 4.5 to 5 Litres



**SOUP
SURREAL**

Ingredients:

1	Washed Stone (optional)
1 Cup	Diced Onions
1/2 tbsp.	Chopped Fresh Garlic
2 Cups	Diced Carrots
2 X 900mL	Beef Stock (Stone Broth) or half broth and half water
1 lb	Ground Beef
796mL can	Tomatoes
594mL can	Kidney Beans
1/2 Cup	Water

2 Tbsp.	Chili Powder
1 Tbsp.	Paprika
1 Tbsp.	Cumin
2 Tsp.	Oregano
1 Tsp.	Black Pepper
1 Tsp.	Ground Coriander
1 Tsp.	Ground Cinnamon
1 Tbsp.	Cocoa Powder
2 Tsp.	Celery Salt
1 Tsp.	Dried Thyme Leaves
1 Cup	Cooked Penne cut in 3s (or any noodle cut small)

Method:

- 1) Place 5L pot on stove and set heat to medium-low to low. Wait 3 minutes for the pot to get warm and then add all of the spices at once and stir constantly until they are lightly toasted and just about to start smoking. Remove spices from pot and put into a large mixing bowl.
- 2) Return pot to stove and set to medium-high heat. Add ground beef... if frozen add ¼ cup water. Stir and break up ground beef until fully cooked and just browning. Strain the beef allowing the fat to collect in a bowl to use for later. Set strained beef in mixing bowl with the spices and stir until beef is coated in spices.
- 3) Return pot to stove and set heat to medium. Add beef fat, carrots, onions, garlic and 1 tsp. salt. "Sweat" the vegetables stirring frequently until almost softened or about 10 minutes.
- 4) Return spiced beef to the pot as well as crushed tomatoes and stir with vegetables. Add beef stock and water. Bring to a simmer and turn to low, simmer for about 10 minutes. Add rinsed beans and simmer for about 10 minutes.
- 5) Turn off pot and season with salt to taste. Serve over noodles or rice.

OPTIONAL GARNISH IDEAS: Sour Cream, Cheese, Cilantro, Lime Wedge, Nachos, Hot Sauce

SUBSTITUTIONS: Add diced peppers or frozen corn. You can use chicken instead of beef.

Pinto or black beans will work instead of kidney beans.

You can use a chili spice mix instead of mixing all of these spices.