

# Hearty Beef Soup

Thom Hackett

Serves: 8



Beef marrow bones encased in tender meat lend their pungent flavor to this soup. Once the meat has been cooked and shredded back into the soup, it becomes more of a stew, perfect for serving on cold winter nights. After shredding the meat from the bones, scoop the marrow out onto a slice of toasted peasant bread—this is the cook's treat. For the soup, bake up a loaf of Irish Soda Bread and serve it along with a large wedge of tangy Cheddar cheese for a memorable feast.

## Ingredients

8 ounces lima beans, baby, dried  
3 pounds beef marrow bones with meat, cut 1-inch thick  
5 quarts water  
1 teaspoon coarse salt  
½ teaspoon black pepper, coarsely chopped  
2 cups onion, coarsely chopped  
5 cloves garlic, thinly slivered  
2 leeks, trimmed, rinsed well, coarsely chopped  
2 cups celery, coarsely chopped  
2 small parsnips, peeled and coarsely, chopped  
2 cups carrots, coarsely chopped  
28 ounces plum tomatoes  
8 fresh thyme springs  
1 bay leaf  
4 cups cabbage, cut into 1" pieces  
8 ounces green beans, cut into ½" pieces  
½ cup parsley, flat leaf, coarsely chopped

Recipe from Thom Hackett's Recipe File at [www.thomcooks.com](http://www.thomcooks.com)

### Cooking Method

Place the lima beans in a bowl, cover with water, and soak overnight.

Rinse the beef bones under cold water.

1. Place them in a large soup pot and add the water.
2. Bring to a boil, skimming off any foam that rises to the top.
3. Add the salt and pepper.
4. Reduce the heat and simmer, partially covered, for 1 hour.

Drain the lima beans and add them to the pot along with the onions, garlic, leeks, celery, parsnips, carrots, tomatoes, thyme, and bay leaf.

- Simmer partially covered for 2 hours.

Add the cabbage and green beans.

- Simmer uncovered for another 45 minutes.

Remove the meat bones from the pot.

1. Shred the meat from the bones.
2. Discard the bones and return the meat to the pot.
3. Stir in the parsley and simmer uncovered an additional 5 minutes.

Adjust the seasonings and serve hot.