

Beef Shank Vegetable Soup

2 lbs. beef shank
1 lg. tomato
1 clove garlic
1 sprig fresh or dry coriander (cilantro) or parsley
1 green onion
1 bay leaf
1 t salt
1 t pepper
1/2 lb. carrots, peeled and cut in chunks
2 med. potatoes, cut in chunks
1/2 bell pepper, cut in sm. chunks

t = teaspoon
T = tablespoon
C = cup



Trim the meat and put in a large pot with 5 quarts cold water. Add the tomato, garlic, bay leaf, salt, pepper, and onion; let stand 15 minutes. Bring to boil quickly, then cover and let simmer for 1 1/2 hours or until meat is tender, Remove bay leaf, if desired, and add potatoes, carrots, coriander, and bell peppers. Cover pot and cook at medium heat for 20 min. longer.