



Low-Carb Slow-Cooker Vegetable Beef Soup

This Low-Carb Vegetable Beef Soup recipe hits the spot on cold days! This delicious soup can be part of a low-carb, ketogenic, Atkins, gluten-free, grain-free, Paleo or Banting diet.

Ingredients:

- 4 slices bacon sliced into 1/2 inch pieces
- 2 pounds stew meat cut into 1" cubes, patted dry
- 2 tablespoons red wine vinegar
- 32 ounces beef broth low-sodium
- 1 medium yellow onion chopped
- 1/4 cup green beans cut into 1 inch pieces
- 1 small celeriac (about 6 ounces) diced
- 1/4 cup carrots diced
- 2 tablespoons tomato paste
- 1 28 ounce can diced tomatoes
- 2 cloves garlic crushed
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper freshly ground
- 1 teaspoon sea salt

Instructions:

1. Heat a large skillet over medium-high heat. Add bacon. Cook bacon, stirring occasionally, until crisp. Remove bacon, using a slotted spoon, to a paper-towel lined plate. Cover bacon and refrigerate for later.
2. Discard all but about 1 tablespoon of the bacon grease. Return pan to burner over medium-high heat. Add beef cubes in batches, making sure they do not touch. Season lightly with salt and pepper. Brown each side of the beef cubes. Do not cook meat throughout. When outside is brown, transfer beef to the slow-cooker crock using a slotted spoon. Repeat for the rest of the meat.
3. Once all of the beef has been browned and is in the slow-cooker, turn the skillet heat to medium low. Add vinegar to the skillet. Stir, scraping up brown bits, until vinegar has thickened. Pour in about 1/4 cup of the broth and continue to scrape up any browned bits. Transfer liquid to the slow-cooker.
4. Add remaining broth, onion, green beans, celeriac, carrots, tomato paste, diced tomatoes, garlic rosemary, thyme, salt (only if using low-salt broth), and pepper to the slow-cooker. Stir gently.
5. Cover the slow-cooker and cook on the low setting for 6 to 8 hours. Taste and adjust seasoning before serving. Garnish with reserved bacon bits before serving.