

Rustic Beef Caldo

Caldo = soup. This recipe = delicious! Chockfull of tender beef, vegetables and a rich broth, this will warm up any cold day.

INGREDIENTS

3 pounds beef Shank Cross Cut, cut 1 to 1-1/2 inches thick
1 tablespoon vegetable oil
2 cups water
1 can (14 to 14-1/2 ounces) beef broth
2 tablespoons chopped fresh cilantro
4 cloves garlic, minced
2 teaspoons salt
2 teaspoons pepper
1/2 teaspoon ground cumin
5 cups coarsely chopped cabbage
2 medium ears corn, husked, cut into 3 pieces each
1/2 pound small red-skinned potatoes, cut in half or left whole if small
1 large onion, cut into 1-inch pieces
2 medium carrots, cut into 1-inch pieces
2 medium zucchini or Mexican zucchini, cut into 1-inch pieces
2 medium tomatoes, cut into 1-inch pieces
1 lime, cut into wedges (optional)



3.00
Hours



6
Servings



42 Cal



39g
Protein

COOKING

1. Heat oil in stockpot over medium heat until hot. Brown beef Shank Cross Cut, in batches, on all sides. Pour off drippings.
2. Return beef to stockpot. Add water, broth, cilantro, garlic, salt, pepper and cumin; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.
3. Add cabbage, corn, potatoes, onion and carrots to stockpot; return to a simmer. Reduce heat; simmer, covered, 20 minutes. Add zucchini and tomatoes; simmer, covered, 10 to 15 minutes or until vegetables are tender.
4. Garnish with lime wedges, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		10g	81mg		19g	39g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com