HeavenSpun Home | GARDEN BOUNTY SOUP

A Bowl of Comfort: Vegetable Beef Soup like Mom's

AT A GLANCE:

Target yield
36 cups / 9 quarts

Cook time
4-6 hours

Method
Roaster or large heavy soup pan

Heat
Low-medium

INGREDIENTS:

- 7 lb tomatoes
- 3 cups cherry tomatoes
- ½ medium head cabbage (about 3 cups chopped)
- 5 medium sweet onions
- 2 medium sweet peppers
- 2 lb ground beef
- 6 large carrots
- 1 whole bunch celery, including leaves
- 4 medium parsnips
- 4 small potatoes
- One 15-oz can sweet corn
- 3 cups butternut squash, ½-inch dice (about ¼ large)
- ¼ tsp nutmeg
- 10 cloves garlic (1 bulb)
- 1 tsp white pepper
- 1 tsp salt
- 2 tsp dried basil
- Water to reach 36 cups after cooking

DIRECTIONS:

1. Prepare the vegetables.

Chop cabbage into 1-inch squares, onions into ½-inch cubes, carrots into 1-inch chunks, and celery into ½-inch pieces. Cut large tomatoes into eighths and squash into ½-inch dice.

2. Pre-cook the beef.

Cook ground beef until no longer pink. Add to the raw vegetables and canned corn in a roaster or large heavy soup pan. Add seasonings and water to cover.

3. Cook the soup.

Cook on low-medium heat for 4-6 hours, until vegetables are softening. Cook the celery leaves in the soup for flavor, then remove them before serving.

4. Check the yield.

Add water as needed to reach 36 cups after cooking. The finished batch makes approximately nine quarts.

5. Canning.

Can according to approved directions for seven quarts of vegetable beef soup.

Garden Bounty Soup

SCRIPTURE

"Jesus Christ the same yesterday, and to day, and for ever."

Hebrews 13:8, KJV

"Casting all your care upon him; for he careth for you."

1 Peter 5:7, KJV

This time of year, I get a little sad. The daylight shortens, the nights grow cooler, and the garden is being laid to rest. Trees shed their autumn finery, children return to school, and I find myself remembering.

Sometimes those memories lead straight to Mom's kitchen.

A bowl of vegetable soup and a crusty piece of buttered bread could settle so much when I was a little girl. I didn't have to plan the meal or carry tomorrow's responsibilities. Someone who loved me had made provision, and I could simply pull up a chair.

For years, I couldn't quite capture the flavor of Mom's soup. Then I rediscovered turnips, parsnips, and cabbage. Those humble vegetables brought back something I hadn't realized I was missing.

Today, my cares take more than a bowl of soup to resolve. Yet preparing this meal reminds me that I am still loved and provided for. The Lord who watched over that little girl is caring for the woman she became.

I can be thankful for yesterday without asking today to become yesterday again. There are people to nourish, memories to share, and blessings to gather in this season, too.

PRAYER

Father, thank You for the comfort of loving memories and the provision at our table. Please meet me in the tender places that changing seasons uncover, and I will bring You my sadness instead of carrying it alone. Please help me recognize Your care today, and I will share that care with someone You place at my table. In Jesus' name, amen.

A MOMENT TO REFLECT

1. What meal brings back a memory of being loved and cared for?
2. What care can I bring to the Lord today?
3. Who could I comfort with a meal or a place at my table?