

Steak & Mushroom Soup with Parmesan Toasts

Author: Based on a recipe in Lee Bailey's Soup Meals

Carolyn T's
Main Cookbook

Servings: 8



1 1/2 pounds steaks, New York strip, cut in 1-inch cubes

MARINADE:

2/3 cup canola oil

2 tablespoons lemon juice

1 tablespoon dark brown sugar

2 tablespoons soy sauce, dark, if available

1 teaspoon Dijon mustard

1 large clove garlic, minced

SOUP:

3 tablespoons olive oil

3 tablespoons unsalted butter

1 medium onion, coarsely chopped

1 medium onion, quartered, thinly sliced

2 small carrots, diced

2 stalks celery, diced

1 pound button mushrooms, thickly sliced

1/4 cup flour, for dredging meat (may need more)

1 large bay leaf

6 cups beef stock

1 1/2 teaspoons salt

1/2 teaspoon black pepper

1 1/2 pounds escarole, washed, torn into pieces, stems broken

2 cups water, if needed

PARMESAN TOASTS:

1/2 medium baguette, sliced (about 16 slices)

1/2 cup grated Parmesan cheese

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 623 Calories; 45g Fat (65.7% calories from fat); 21g Protein; 32g Carbohydrate; 5g Dietary Fiber; 63mg Cholesterol; 2597mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 8 Fat; 0 Other Carbohydrates.

Notes: You could make this with a leaner, tougher cut of meat. Just cook the broth and veggie mixture (without the mushrooms) until the meat is tender, then add the mushrooms and some additional carrots and celery and continue the recipe from there. The nutrition count assumes you consume the marinade, so it's way off.

Description: A simple, vegetable rich soup made with New York steak cubes

1. Whisk marinade ingredients together in a bowl (or combine in a plastic zip-seal bag) and add cubed steak pieces, being sure all are submerged. Set aside for at least an hour, turning once or twice during that time. If doing this a few hours ahead, refrigerate the meat.
2. Meanwhile, heat half the oil and butter in a large stockpot. Add the chopped onion (reserve the sliced onions for later), carrots and celery. Cook over medium to high heat until nicely golden, but not burned, about 5 minutes. Add mushrooms and continue cooking until they are just wilted, just a few more minutes. Add the beef stock and bring to a simmer.
3. Heat a large skillet and add the remaining oil and butter, Toss steak cubes in flour. When pan is hot, add steak cubes in batches (probably 2) to the skillet to brown only (do not cook them through), turning onto at least two sides, about 2-3 minutes total. Do not burn. Remove from pan and set aside.
4. Add the escarole and the sliced onions to the soup broth and continue to simmer for just about 3 minutes until the greens are cooked (about 5-7 minutes). If you're making this ahead, cool at this point and refrigerate overnight. Add water to soup if it seems too thick.
5. Taste for seasoning (add salt or pepper as needed). The onions will still have just a tiny bit of crunch. Turn off heat and add the steak to the simmering soup.
6. Meanwhile, turn oven on to broil. Sprinkle parmesan cheese on top of each baguette slice and broil toasts just until bubbly and browned around the edges.
7. Scoop soup into wide flat bowls and place Parmesan Toasts (2 per serving) on top. Serve immediately.