

## Beef, Bacon and Bean Soup



This is a good robust main course soup and no trouble to make.

### Ingredients

- ♦ 225g dried white beans i.e. haricot beans soaked overnight
- ♦ 1 tablesp. oil
- ♦ 50g streaky bacon, diced
- ♦ 225g shin beef, diced
- ♦ 1-2 bay leaves
- ♦ 2-3 teasp. ground cumin
- ♦ 1 large onion, finely chopped
- ♦ 3 cloves garlic, chopped
- ♦ 2-3 sticks celery, chopped
- ♦ 2 carrots, chopped
- ♦ 400g tin tomatoes
- ♦ 2 tablesp. wine vinegar
- ♦ 1 litre water
- ♦ Salt and black pepper
- ♦ Garnish
- ♦ 6 slices bread, toasted with slices of farmhouse cheese

Serves 6

### To Cook

Rinse the beans. Cover with water and boil for 10 minutes. Drain and rinse again. Heat the oil in a large pot and sauté the bacon, beef, bay leaves, cumin, onion, garlic, celery and carrots. Add the beans, tomatoes, vinegar, water and seasoning. Bring to the boil. Reduce the heat, cover and simmer for 1½ hours.

### Serving Suggestions

Serve topped with a slice of the bread and melted cheese.