

Beef Soup (Kharcho)

Yield: 4 min

Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-kharcho-recipe>

Ingredients:

- 3 pounds beef stew meat
- 3 teaspoons salt I used fine sea salt
- 4 tablespoons light olive oil or any cooking oil, divided
- 1 medium onion chopped
- 2 celery ribs finely chopped
- 4 cups beef broth
- 4 cups filtered water
- 28 ounces diced tomatoes
- 2 bay leaves
- 1 teaspoon coriander seeds ground
- 1 teaspoon smoked paprika
- 2 garlic cloves pressed
- 1/2 cup white rice uncooked, I used Jasmine
- 2 tablespoons fresh lemon juice from 1 medium lemon
- 1/4 cup fresh parsley chopped, plus more to serve
- 1/4 cup fresh dill chopped, plus more to serve

Nutrition:

1. Calories: 1270 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 250 milligrams
4. Fat: 96 grams
5. Fiber: 4 grams
6. Protein: 65 grams
7. SaturatedFat: 36 grams
8. Sodium: 2790 milligrams
9. Sugar: 7 grams

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