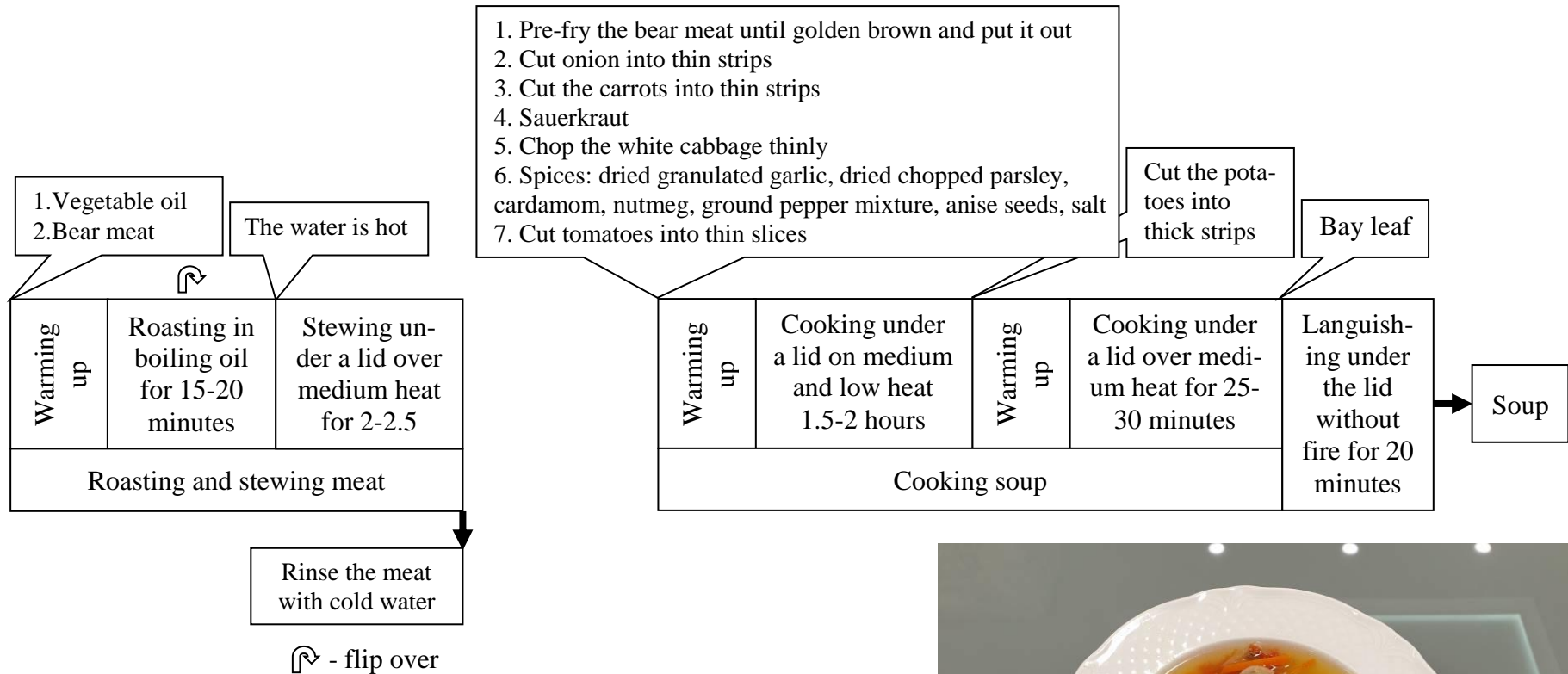


Vegetable soup with bear meat "Easy" (khurs.ru - 2019)



1. Bear meat – 1.1-1.2 kg
2. Potatoes – 300-350 g
3. Carrots – 120-150 g
4. Turnips – 300-350 g
5. Onion – 2-3 pieces.
6. White cabbage – 400 g
7. Sauerkraut – 200 g
8. Vegetable oil – 100 g
9. Dried granulated garlic – 1 tablespoon

10. Dried chopped parsley – 1.5 table-
spoons
11. Ground pepper mixture – 0.3-0.4
teaspoons
12. Nutmeg – 0.4-0.5 teaspoons
13. Cardamom – 0.3-0.4 teaspoons
14. Anise seeds – 0.7-1 teaspoon
14. Bay leaf
15. Salt – 1-1.25 tablespoons



Vegetable soup with bear meat "Easy"



1. Take the bear meat, cut into small pieces



2. Take the turnips



3. Peel and cut the turnips into thin strips



4. Peel the potatoes



5. Cut the potatoes into thick strips



6. Take the onion



7. Peel and cut the onion into thin strips



8. Peel the carrots



9. Cut carrots into thin strips



10. Take white cabbage



11. Thinly chop the cabbage



12. Take the tomatoes

Vegetable soup with bear meat "Easy"



13. Cut tomatoes into thin slices



14. Take sauerkraut



15. We measure the proportions of spices



16. We take vegetable oil



17. Put a frying pan with vegetable oil on fire



18. Put the bear meat in a frying pan, fry in boiling oil



19. Periodically turn over pieces of bear meat



20. Fill the meat with hot water, remove the scale



21. Cover the pan with a lid and simmer over medium and low heat



22. Rinse the fried meat with cold water



23. Put a saucepan of water on the fire, put the fried meat



24. Put the onion in the saucepan

Vegetable soup with bear meat "Easy"



25. Put the carrots in a saucepan



26. Put the turnips in a saucepan



27. Put the sauerkraut in a saucepan



28. Put the white cabbage in a saucepan



29. Stir the contents of the saucepan



30. Put the spices in a saucepan



31. Put the tomatoes in a saucepan



32. Cover the saucepan with a lid, cook over medium and low heat



33. Put the potatoes in a saucepan and cook over low heat



34. Put the bay leaf in a saucepan



35. Cover the saucepan with a lid and simmer without heat



36. We serve the soup on the table