

# DIY (Do It Yourself) – Vegetable Beef Soup & Liver Pâté

## Shopping List

### Beef and Vegetable Soup

- 1 lb ground beef
- 3 cups of your favorite chopped vegetables (ex. potato, carrots, onion, peas)
- 2 quarts beef broth (may be substituted with beef bouillon)
- 2 tablespoon vegetable oil
- 1 can diced tomatoes
- Salt
- Pepper
- Fresh or dry herbs (optional)

### Beef Liver Pâté

- 6-8 thick pieces applewood smoked bacon
- 1 small sweet onion
- 4 cloves garlic, minced
- 1 pound Beef liver
- 2 tablespoons fresh rosemary
- 2 tablespoons fresh thyme

## Materials

- Cutting board
- Knife (preferably a chef knife)
- Paring knife or peeler
- Dry measuring cups
- Liquid measuring cups
- Large pot
- Frying pan

- 2 pair heat resistant tongs
- 1 large spoon
- 1 spatula
- Ladle (Optional)
- Food processor