

Betty's Keeneland Kentucky Burgoo Soup Recipe

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In this video, Betty demonstrates how to make Keeneland Kentucky Burgoo Soup. Burgoo traditionally has about 5 or 6 meats and a dozen vegetables, so this is a very toned-down version of burgoo from Chef Ed (of Turf Catering) that I think you will enjoy. This is the soup that Rick ordered when we took our recent trip to the Keeneland Horse Race Track and had lunch in the Equestrian Room. Rick loved it! This version of burgoo does not have nearly as many ingredients as traditional Kentucky burgoo, but it tastes wonderful, and is much easier to make!

Note: I tried to make just half of the recipe below. (In some cases I used more than half, plus I added canned whole kernel corn and 2 teaspoons salt, and I used full strength on the herbs. Burgoo is quite flexible and variable, so feel free to play around with the recipe; burgoo is something you can't go wrong by adding something you like or omitting ingredients you don't like! You will need a large pot or large crock pot for this recipe!)

Ingredients:

1 cup diced celery
1 cup diced carrot
1 cup diced onion
3 pounds stew meat (I used cubed round steak, in order to have less fatty beef.)
12 oz. can tomato puree
2 pounds fresh okra, sliced (I used a 12-oz. package frozen sliced okra.)
1 tablespoon beef base (I used 1 beef bouillon cube.)
1 teaspoon Worcestershire sauce
1 cup sherry wine
3 pounds diced potatoes
1 teaspoon ground thyme
1 teaspoon dry sage
1 teaspoon garlic powder
1 teaspoon dry oregano
water (as needed)
cornstarch (if desired)
I added:
2 teaspoons salt
1 cup canned whole kernel corn



- Brown stew meat with herbs and garlic (Garlic was not listed in the ingredients, but you can use a couple of cloves of garlic, minced [or to taste].)
- Add remaining ingredients and cover with water. (I used a little over 2 cups of water to cover the mix completely.) Bring to a boil and reduce to simmer for a minimum of three hours, stirring occasionally. (Using a crock pot on LOW will take 8 to 10 hours.)
- Before serving, combine water and cornstarch and add it slowly, stirring until the burgoo reaches the desired thickness. (I did not add any cornstarch, because the consistency of my burgoo was acceptable to me.)

From Chef Ed: Burgoo is a great recipe for the crock pot & is excellent served as leftovers as well!!

I hope you enjoy this hearty soup, and "Thanks" to Chef Ed for another great recipe!—Betty ☐