



Harvest Butternut Squash & Beef Soup

SERVING: 2 CUPS
YIELD: 6

PREP TIME: 30 MINS
COOK TIME: 2-2 1/2 HOURS

Ingredients

- 1 tbsp Olive Oil
- 1 lb Lean Beef Stew Meat, sliced in half
- 1/4 tsp Black Pepper
- 1/4 tsp Salt
- 1 small Yellow Onion, diced
- 1/2 tbsp Minced Garlic
- 3 (32 oz) cartons Unsalted Beef Broth
- 1 medium Butternut Squash, peeled & diced
- 1 lb Mushrooms, sliced
- 1 cup whole-wheat orzo, pearly cous cous, or arborio
- 1 tsp Dill Weed
- 1 tsp Rosemary Leaves
- 1 tsp Thyme
- 4 cups Curly Kale, chopped
- 1/2 cup Shredded Parmesan Cheese

Directions

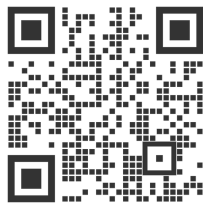
1. Using a cutting board, CUT beef stew meat in halves. ADD 1/4 tsp salt and 1/4 tsp pepper and massage into meat.
2. In a large pot heat oil over medium-high. Add beef & cook 5-7 minutes, or until beef is browned. Once onions are chopped, add onion and minced garlic to beef during cooking process.
3. ADD broth. Bring to a boil. Reduce heat to medium-high. Cover & cook 90-120 minutes (longer cook time = more tender).
4. Meanwhile, CHOP butternut squash, mushrooms, and kale.
5. After 90-120 mins, ADD butternut squash, mushrooms, grain of choice, and seasonings (dill weed, rosemary, and thyme). Cook 30-45 minutes, or until butternut squash is tender with fork.
6. ADD kale and cook 4 minutes.
7. Divide into bowls & top with 1 tbsp of shredded parmesan cheese. Enjoy!

Nutrition Facts

6 servings per container	
Serving size	2 cups (0.0g)
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 340mg	15%
Total Carbohydrate 43g	16%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0.1mcg	0%
Calcium 220mg	15%
Iron 2.9mg	15%
Potassium 850mg	20%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Recipe adapted from
onieproject.com

*Cost information includes
lower cost ingredients found at
local grocery store 11/28/22.



Cost Per Recipe	Cost Per Serving
\$18.31	\$2.29



BRAISING BASICS

The final result of this cooking method is tender beef that melts in your mouth. Braising is the method of choice for large, less tender cuts of beef such as a Pot Roast or Brisket, using a small amount of liquid.

BRAISING BASICS

The beauty of braising is how it turns less-tender cuts into rich, fork-tender dishes. The key is to cook the beef in liquid over low heat for several hours. Check out our [braising guidelines](#) for more cooking time information.



PREHEAT & PREP

Braising can be done on your stovetop, in a slow cooker or in the oven, depending on your recipe. Before you start preparing the beef, be sure to pat it dry with paper towels. This helps it brown more evenly. If your recipe calls for a [spice rub](#) or seasoning mix, now's the time to sprinkle it on. Salt and pepper works great, too. It also helps to chop now any vegetables you'll be using later.



BROWN THE BEEF

Most braising recipes call for browning the beef on all sides, usually over medium heat, until it develops a rich brown color.



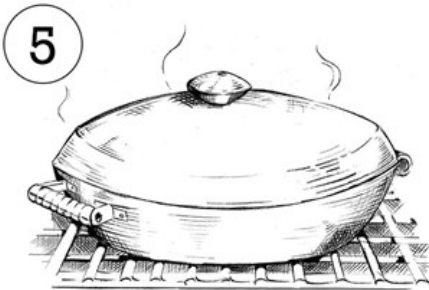
SAUTÉ THE VEGETABLES

Most braising recipes include a variety of chopped vegetables, such as carrots, celery, onions and garlic. Chefs call these aromatics, and you're about to find out why (your kitchen will soon smell amazing). Add them to a pan and sauté until they begin to soften. If your recipe doesn't call for vegetables, it's OK to skip this step.



SAVE THE FLAVOR

See those brown bits clinging to the bottom of the pan? They're chock full of flavor. When your aromatics have softened and the pan is still hot, slowly add some liquid—such as beef broth, cooking wine, juices or even water—and scrape up the bits with a wooden spoon or heat-resistant rubber spatula. This technique is called [deglazing](#), and it adds delicious flavor to your dish.



ALL TOGETHER NOW

Carefully return the beef to the pan or slow cooker. Depending on your recipe, now's the time to add more liquid, such as the beef broth or wine you used for deglazing. Then turn down the heat per your recipe, cover it with a tight-fitting lid and let that moist heat work its magic.



FINISHING TOUCHES

You'll know it's done when the beef is fork-tender. Some braising recipes can go straight from the stovetop, slow cooker or oven to your table. Or you can remove the beef and vegetables, strain the liquid, and combine it with a roux to make a great sauce.