

November 2016 TV Recipes—Beef Soup Recipes

BEEFY HARVEST SOUP

Total Recipe Time: 25 minutes

Makes 4 servings

- 1-pound lean Ground Beef
- 4 cups water
- 1 can (14-1/2 ounces) Italian-style stewed tomatoes, undrained
- 1-1/2 cups frozen mixed vegetables
- 4 teaspoons instant beef bouillon granules
- 1 cup uncooked large elbow macaroni
- 6 ounces smoked beef sausage, cut into 1/2-inch slices
- Salt and pepper



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon. Remove drippings.
2. Meanwhile combine water, tomatoes, mixed vegetables and bouillon granules in large saucepan; bring to a boil. Stir in macaroni and beef; return to a boil. Reduce heat; simmer, uncovered, 8 minutes, stirring occasionally. Stir in sausage; continue simmering 2 to 4 minutes or until macaroni is tender. Season with salt and pepper, as desired.

Cook's Tip: Other pasta shapes, such as rotini, bow ties, medium shells or ditalini, may be substituted for large elbow macaroni; adjust cooking time as needed.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Nutrition information per serving: 561 calories; 3 g fat; 101 mg cholesterol; 3301 mg sodium; 38 g carbohydrate; 35 g protein; 8.7 mg niacin; 0.4 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 4.6 mg iron; 6.2 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron and zinc.

BEEF WITH BARLEY SOUP

Total Recipe Time: 3 hours 30 minutes

Makes 4 servings

- 1-pound Beef Stew meat
- 2 tablespoons olive oil
- 1 whole large onion, medium dice
- 2 cloves minced garlic
- 2 whole carrots, smaller ends cut into rounds, larger ends diced
- 2 whole potatoes, large dice
- 1 ½ teaspoons seasoning salt
- 1 teaspoon kosher salt, or to taste
- Ground black pepper, to taste
- 6 cups beef stock
- 2 cups water or as needed
- ½ cup pearl barley
- ½ teaspoon thyme
- 1 whole bay leaf
- 1 can (14.5 ounce) diced tomatoes



1. Heat a large stock pot over medium high heat. Add the oil. Brown the beef cubes for 3 minutes in the oil, then add the onions and garlic. Lower the heat to medium-low and cook until the onions are cooked and just start to caramelize. Stir as needed to keep onions and garlic from burning. Lower heat if necessary; drizzle a little more oil in if needed to keep from sticking.
2. Add all other ingredients, except canned tomatoes, to the pot and stir well. Increase the heat and bring the soup to a boil. Turn heat to low, cover, and simmer for two hours, stirring occasionally. Adjust heat as necessary to keep soup at a slow simmer. If the soup thickens too much, add a little more water or broth.
3. Taste to correct seasonings, then add tomatoes and simmer for another hour. Remove bay leaf before serving. Enjoy!

BEEFY TOMATO SOUP

Total recipe Time: 40 minutes

Makes 6 servings

- ¾ pounds Lean Ground Beef
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 teaspoons salt
- ¼ teaspoon ground black pepper
- 1 teaspoon oregano
- 1 jar (23.5 ounces) Francesco Rinaldi Traditional pasta sauce
- 4 cups chicken stock
- ½ cup cream cheese, at room temperature
- 1 ½ cups elbow macaroni or short-tubed pasta
- ¼ cup fresh chopped basil, divided

1. In a large pot heat the olive oil over medium heat.
2. Add the onion and cook for 3-4 minutes until the onion softens. Add the ground beef and cook until no longer pink, about 8-10 minutes. Drain, if necessary. Add garlic.
3. Next add the salt, pepper and oregano to the beef and stir to combine. Add chicken stock, pasta sauce, scraping the bottom of the pot as you stir. Bring the soup to a simmer and cook for 10 minutes.
4. Whisk in the cream cheese until it's all mixed in and then add ½ of the fresh basil. Pour in the pasta, stir and let cook for another 10 minutes with the lid on.
5. Spoon into bowls and garnish with the leftover basil.

Cook's Tip: Your favorite spaghetti sauce or a can of crushed tomatoes can be substituted in for the Francesco Rinaldi Traditional pasta sauce.

Recipe courtesy of ManTitlement.com.



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BEEF AND BEAN SOUP

Total Recipe time: 2 hours 30 minutes

Makes 8 servings

- 2 pounds Beef Stew meat
 - 2 tablespoons oil, divided
 - 2 cups chopped onion
 - 2 cups sliced or chopped carrot
 - 4 garlic cloves, minced
 - 2 cups water
 - 1 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - 1 teaspoon dried thyme
 - 1/2 teaspoon dried sage
 - 4 bay leaves
 - 32-ounces beef broth
 - 3 (15.8 ounce) cans Bush's Cannellini Beans OR Bush's Great Northern Beans, drained
1. Heat a large Dutch oven over medium-high heat. Add 1 tablespoon oil and heat to a ripple.
 2. Add beef to pan and brown on all sides, working in batches if needed. Do not crowd beef in the pan. Remove beef when browned.
 3. Add remaining 1 tablespoon oil to pan and heat. Add onion, carrot and garlic; sauté for 5 minutes.
 4. Return beef to the pot. Stir in water, salt, black pepper, thyme, sage, bay leaves, beef broth and beans. Bring to a simmer. Cover and allow to cook for at least 1 1/2 to 2 hours, until beef is tender.
 5. Discard bay leaves. Salt and pepper to taste.



Cook's Tip: To make in the slow cooker: Prep recipe as above, then transfer to a slow cooker once all ingredients have been added and cook for at least 3 hours on LOW.

Cook's Tip: For extra creaminess and to thicken up the soup, use a potato masher or a flat bottomed glass to mash up some of the beans after the soup has cooked for a while.

Recipe courtesy of SheWearsManyHats.com.

CROCK POT CHEESEBURGER SOUP

Prep Time: 20 minutes

Cook Time: 4 to 5 hours on HIGH; 7 to 8 hours on LOW

Makes 8 servings

- 1-pound lean Ground Beef
- 4 small potatoes, peeled and diced
- 1 small white or yellow onion, chopped
- 1 cup shredded carrots
- 1/2 cup diced celery
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 3 cups beef broth
- 3 tablespoons butter
- 1/4 cup all-purpose flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (16 ounce) package Velveeta processed cheese, cubed OR 2 cups shredded cheddar cheese



1. Place potatoes, onions, carrots, celery, dried basil and parsley in a large slow cooker. Pour beef broth over vegetables. Cover with lid. Cook on LOW for 7 to 8 hours or on HIGH 4 to 5 hours or until potatoes are tender.
2. About 45 minutes before serving, brown ground beef in a large skillet over medium-high heat. Drain, if necessary. Pour cooked ground beef into slow cooker. Wipe out skillet with paper towel. Add butter to skillet and melt. Whisk in flour and cook until golden brown and bubble (about 1 minute). Whisk in milk, salt and pepper. Pour mixture into slow cooker and stir to combine.
3. Add the cubed Velveeta or shredded cheddar to slow cooker. Cover and cook 30 minutes or until cheese is melted.

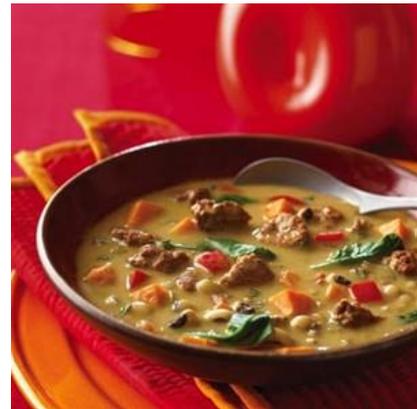
Recipe courtesy of [Life-in-the-Lofthouse](#).

CALYPSO BEEF SOUP

Total Recipe Time: 45 to 50 minutes

Makes 6 servings

- 1-1/2 pounds Ground Beef (93% or leaner)
- 1 cup diced peeled sweet potato
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 teaspoon curry powder
- 2 tablespoons all-purpose flour
- 2 cups water or ready-to-serve beef broth
- 1 can (15-1/2 ounces) black-eyed peas, rinsed, drained
- 1 can (13-1/2 ounces) light unsweetened coconut milk
- 2 cups packed fresh baby spinach leaves
- 3 tablespoons chopped fresh thyme
- Salt and ground black pepper



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon. Pour off drippings in pan; add sweet potato, onion, bell pepper and curry powder. Cook 4 to 5 minutes or until onion and pepper are crisp-tender, stirring occasionally. Stir in flour; cook and stir 1 minute.
2. Return beef to skillet. Stir in water, black-eyed peas and coconut milk; bring to a boil. Reduce heat; cover and simmer 5 to 8 minutes or until sweet potato is tender. Stir in spinach and thyme. Cook 1 minute or until spinach wilts. Season with salt and black pepper, as desired.

Cook's Tip: Regular fresh spinach, stems removed and coarsely chopped, may be substituted for baby spinach leaves.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Nutrition information per serving: 319 calories; 12 g fat (6 g saturated fat; 3 g monounsaturated fat); 84 mg cholesterol; 339 mg sodium; 23 g carbohydrate; 4.8 g fiber; 30 g protein; 6.9 mg niacin; 0.5 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 4.7 mg iron; 23.8 mcg selenium; 7.1 mg zinc; 98.7 mg choline. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.