

November 2018 TV Recipes—FALL FAVORITES—SOUP/STEW RECIPES

We've got some steaming hot recipes perfect for those chilly evening when you just need something cozy and comforting!

Rustic Beef Caldo

Caldo = soup. This recipe = delicious! Chockfull of tender beef, vegetables and a rich broth, this will warm up any cold day.

Recipe time: 2 ¾ to 3 Hours

Makes 6 servings

- 3 pounds beef Shank Cross Cut, cut 1 to 1-1/2 inches thick
- 1 tablespoon vegetable oil
- 2 cups water
- 1 can (14 to 14-1/2 ounces) beef broth
- 2 tablespoons chopped fresh cilantro
- 4 cloves garlic, minced
- 2 teaspoons salt
- 2 teaspoons pepper
- 1/2 teaspoon ground cumin
- 5 cups coarsely chopped cabbage
- 2 medium ears corn, husked, cut into 3 pieces each
- 1/2 pound small red-skinned potatoes, cut in half or left whole if small
- 1 large onion, cut into 1-inch pieces
- 2 medium carrots, cut into 1-inch pieces
- 2 medium zucchini or Mexican zucchini, cut into 1-inch pieces
- 2 medium tomatoes, cut into 1-inch pieces
- 1 lime, cut into wedges (optional)

1. Heat oil in stockpot over medium heat until hot. Brown beef shanks, in batches, on all sides. Pour off drippings.
2. Return beef to stockpot. Add water, broth, cilantro, garlic, salt, pepper and cumin; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.
3. Add cabbage, corn, potatoes, onion and carrots to stockpot; return to a simmer. Reduce heat; simmer, covered, 20 minutes. Add zucchini and tomatoes; simmer, covered, 10 to 15 minutes or until vegetables are tender.
4. Garnish with lime wedges, if desired.

Nutrition information per serving: 319 Calories; 10g Total Fat; 3g Saturated Fat; 4g Monounsaturated Fat; 81mg Cholesterol; 1141mg Sodium; 19g Total carbohydrate; 39g Protein; 5.1mg Iron; 7.8mg Niacin; 0.7mg Vitamin B6; 3.9mcg Vitamin B12; 11.5mg Zinc; 32mcg Selenium; 4.8g Fiber.



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Wild Mushroom Beef Stew

This hearty stew features tender chunks of beef with potatoes, garlic, assorted mushrooms and carrots.

Recipe time: HIGH 5-6 Hours; LOW 8-9 Hours
Makes 6 servings

- 2 pounds beef Stew Meat, cut into 1-inch pieces
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon pepper
- 3/4 cup reduced-sodium beef broth
- 1/4 cup tomato paste
- 1/4 cup dry red wine
- 2 teaspoons minced garlic
- 1 pound baby red-skinned potatoes, quartered
- 8 ounces assorted mushrooms, such as shiitake, cremini and oyster, cut into quarters
- 1 cup baby carrots

Garnish: Chopped fresh parsley leaves

1. Combine beef Stew Meat, flour, salt, thyme and pepper in large bowl; toss to coat. Place beef mixture in 4-1/2 to 5-1/2-quart slow cooker.
2. Combine broth, tomato paste, wine and garlic in small bowl; mix well. Add broth mixture to beef. Add potatoes, mushrooms and carrots; mix well.
3. Cover and cook on HIGH 5 to 6 hours, or on LOW 8 to 9 hours, or until beef and vegetables are tender. (No stirring is necessary during cooking.) Stir well before serving. Garnish with parsley, if desired.

Nutrition information per serving: 273 Calories; 6.2g Total Fat; 2.5g Saturated Fat; 0.6g Polyunsaturated Fat; 3g Monounsaturated Fat; 0.3g Trans Fat; 84mg Cholesterol; 611mg Sodium; 925mg Potassium; 22.3g Total carbohydrate; 31.7g Protein; 4mg Iron; 6.6mg Niacin; 0.7mg Vitamin B6; 112.5mg Choline; 2.3mcg Vitamin B12; 7.7mg Zinc; 35.8mcg Selenium; 2.9g Fiber.



Lazy Day Beef & Vegetable Soup

A lazy day needn't mean time off from a healthy meal. Beef up your zinc levels for a healthy immune system with this smart-but-satisfying soup of Stew Meat, chickpeas, veggies and pasta.

Recipe time: HIGH 5-6 Hours; LOW 8-9 Hours
Makes 6-8 servings

- 2-1/2 pounds beef Stew Meat, cut into 3/4-inch pieces
- 2 cans (14 to 14-1/2 ounces each) reduced-sodium beef broth
- 1 can (15 ounces) chickpeas, rinsed, drained
- 1 can (14-1/2 ounces) no-salt added diced tomatoes, undrained
- 1 cup water
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups frozen mixed vegetables
- 1 cup uncooked ditalini or other small pasta
- Shredded Romano cheese (optional)



1. Combine beef, broth, chickpeas, tomatoes, water, Italian seasoning, salt and pepper in 4-1/2 to 5-1/2-quart slow cooker; toss to coat well. Cover and cook on HIGH 5 hours or on LOW 8 hours. (No stirring is necessary during cooking.)
2. Stir in mixed vegetables and pasta. Continue cooking, covered, 1 hour or until beef and pasta are tender. Season with salt and pepper, as desired. Stir well before serving. Serve with cheese, if desired.

Nutrition information per serving: 453 Calories; 11g Total Fat; 4g Saturated Fat; 5g Monounsaturated Fat; 143mg Cholesterol; 763mg Sodium; 33g Total carbohydrate; 55g Protein; 5.8mg Iron; 6.9mg Niacin; 1.1mg Vitamin B6; 168.6mg Choline; 3.9mcg Vitamin B12; 12.5mg Zinc; 50.5mcg Selenium; 5.9g Fiber.

Calypso Beef Soup

Travel to the Caribbean with this bold curried soup made with Ground Beef, creamy coconut milk and sweet potatoes.

Recipe time: 45-50 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 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.

Test Kitchen 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; 12g Total Fat; 6g Saturated Fat; 3g Monounsaturated Fat; 84mg Cholesterol; 339mg Sodium; 23g Total carbohydrate; 30g Protein; 4.7mg Iron; 6.9mg Niacin; 0.5mg Vitamin B6; 98.7mg Choline; 2.8mcg Vitamin B12; 7.1mg Zinc; 23.8mcg Selenium; 4.8g Fiber.

Beef Enchilada Soup

Dig out your crockpot and get ready for a big bowl of deliciousness when you try this recipe. Some days you just need a bit of comfort food...something warm, filling and tasty.

Recipe time: HIGH 2 ½ Hours; LOW 4 ½ Hours

Makes 8 servings

- 2 pounds Ground Beef (93% lean or leaner)
- 2 cans (14-1/2 ounces each) reduced-sodium beef broth
- 1 can (28 ounces) crushed tomatoes
- 1 can (19 ounces) mild enchilada sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 can (15 ounces) sweet corn, drained
- 1 can (4 ounces) diced green chilies
- 2 packets (1 ounce each) taco seasoning mix
- 8 flour tortillas (7 to 8 inch), sliced into 1/4-inch strips



Garnish: Shredded cheese, sliced avocado, sour cream, taco seasoning (optional)

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 12 to 15 minutes, breaking into 1/2-inch crumbles and stirring occasionally.
2. Transfer beef into 4-1/2 to 5-1/2-quart slow cooker; add all other ingredients. Cover and cook on HIGH 2 hours or LOW 4 hours until flavors are blended. Garnish soup with tortillas, cheese, avocado, sour cream and taco seasoning, as desired.

Nutrition information per serving: 536 Calories; 13.6 g Fat (5 g Saturated Fat; 4.6 g Monounsaturated Fat); 84 mg Cholesterol; 2131 mg Sodium; 63 g Carbohydrate; 9.1 g Fiber; 39 g Protein; 10.7 mg Niacin; 0.7 mg Vitamin B6; 2.8 mcg Vitamin B12; 7.5 mg Iron; 33 mcg Selenium; 7.6 mg Zinc; 132.1 mg Choline.