

## **January 2022 TV —Soup Recipes**

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

### **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.*

Total Recipe Time: 9 hours

Makes 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.)

*Cook's Tip: For early eaters use no-added salt chickpeas/garbanzo beans rinsed and drained.*

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.

*Cook's Tip: For early eaters (6-7m) certain pasta can be hard to pick up prior to baby having the pincer grasp. Pieces of pasta about the size of an adult pinky finger are preferable early on in self-feeding. These include rigatoni, penne, cavatappi.*

*If you have questions about starting solid foods, consult your physician or health care provider.*

**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. Use 1 cup elbow noodles for ditalini. Place beef, broth, chickpeas, tomatoes, water, Italian seasoning, salt and pepper in pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 25 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add vegetables and pasta; close and lock pressure cooker, set timer for additional 5 minutes. When complete, use quick-release feature to release pressure; carefully remove lid. Garnish with cheese, if desired. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

**Nutrition information per serving, 1/6 of recipe:** 453 Calories; 99 Calories from fat; 11g Total Fat (4 g Saturated Fat; 5 g Monounsaturated Fat;) 143 mg Cholesterol; 763 mg Sodium; 33 g Total Carbohydrate; 5.9 g Dietary Fiber; 55 g Protein; 5.8 mg Iron; 6.9 mg NE Niacin; 1.1 mg Vitamin B<sub>6</sub>; 3.9 mcg Vitamin B<sub>12</sub>; 12.5 mg Zinc; 50.5 mcg Selenium; 168.6 mg Choline.

*This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline.*

## Beefy Dill Pickle Soup

Try this creamy soup recipe with the added flavor of dill pickles and topped with beef Top Sirloin Steak.

Total Recipe Time: 45 minutes

Makes 8 servings

- 2 pounds beef Top Sirloin Steak, 3/4 to 1-inch thick
- 5 cups reduced-sodium beef broth
- 2 fresh russet (baking) potatoes, peeled, diced into 1/2-inch cubes
- 2 cups diced carrots
- 1/3 cup butter
- 1 cup chopped dill pickles, about 2 large pickles
- 3/4 teaspoon all-purpose seasoning blend, such as Old Bay, divided
- 3/4 teaspoon ground black pepper, divided
- 2/3 cup light dairy sour cream
- 1/2 cup pickle juice
- 1/3 cup flour
- 1/4 teaspoon cayenne pepper (optional)

### Garnishes:

- Chopped fresh dill, shredded Cheddar cheese, Dijon mustard (optional)

1. Bring broth, potatoes, carrots and butter to a boil in large stock pot. Reduce heat to low boil; cook 20 to 22 minutes or until potatoes are tender; add pickles.
2. Meanwhile, season beef Top Sirloin Steaks with 1/2 teaspoon all-purpose seasoning blend and 1/2 teaspoon black pepper. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 17 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks from grill; carve into bite-sized pieces; keep warm.
3. Combine sour cream, pickle juice and flour in medium bowl; mix until smooth. Slowly whisk sour cream mixture into soup. Reduce heat to low; add remaining 1/4 all-purpose seasoning blend, remaining 1/4 teaspoon black pepper and cayenne pepper, as desired, to stock pot.; cook 5 minutes. Divide soup among 8 bowls; top with steak pieces. Garnish with dill, cheese and mustard.

**Nutrition information per serving:** 297 Calories; 121.5 Calories from fat; 13.5g Total Fat (7.4 g Saturated Fat; 0.4 g Trans Fat; 0.6 g Polyunsaturated Fat; 4.3 g Monounsaturated Fat;) 82 mg Cholesterol; 625 mg Sodium; 18 g Total Carbohydrate; 2.3 g Dietary Fiber; 25 g Protein; 2.2 mg Iron; 665 mg Potassium; 7.2 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.2 mcg Vitamin B<sub>12</sub>; 4.3 mg Zinc; 26.8 mcg Selenium; 95.2 mg Choline.



## Beef Tortilla Soup

If you like tortilla soup, you must try this beef version. Spicy tomato broth, crispy tortillas, and a heaping portion of tender Brisket are sure to satisfy your craving for this Mexican favorite.

Total Recipe Time: 4 hours

Makes 8 servings

- 1 beef Brisket Flat Half (2-1/2 to 3 1/2 pounds)
- 1 tablespoon olive oil
- 2 cups chopped onions
- 2 tablespoons ground cumin
- 2 tablespoons minced garlic
- 3 cans (14 to 14.5 ounces) unsalted beef broth
- 1 jar (16 ounces) salsa
- 1 can (14.5 ounces) no-salt-added diced tomatoes
- 2 cups frozen corn



- 2 tablespoons hot pepper sauce
- 1/4 cup chopped fresh cilantro leaves
- Crunchy Tortilla Strips (recipe follows)

**Garnish:**

- 16 springs fresh cilantro
- 1 ripe avocado, thinly sliced
- 1/2 cup finely shredded reduced-fat Cheddar cheese

1. Heat oil in stockpot over medium heat until hot. Place beef Brisket in stockpot; brown evenly. Remove brisket from stockpot; season with salt and pepper, as desired. Add onions, cumin and garlic to stock pot; cook and stir 3 to 5 minutes or until onions are crisp-tender. Return brisket, fat-side up, to stockpot. Add broth, salsa and tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3 hours or until brisket is fork tender.
2. To prepare the Crunchy Tortilla Strips, cut 2 corn tortillas in half, then crosswise into 1/4-inch-wide strips. Place strips in single layer on baking sheet. Spray tortillas strips lightly with nonstick cooking spray. Bake 4 to 8 minutes at 400°F or until crisp. Set aside to cool.
3. Remove brisket. Skim fat from cooking liquid. Trim fat from brisket. Cut into 4 to 6 pieces; shred with 2 forks. Return beef to stockpot. Add corn and pepper sauce; cook 20 to 25 minutes. Stir in chopped cilantro. Season with salt and pepper, if desired.
4. Ladle soup into bowls. Garnish each serving with tortilla strips, cilantro sprigs, avocado and cheese, as desired.

*Nutrition information per serving: 315 Calories; 72 Calories from fat; 8g Total Fat (2 g Saturated Fat; 4 g Monounsaturated Fat; ) 83 mg Cholesterol; 753 mg Sodium; 26 g Total Carbohydrate; 3.7 g Dietary Fiber; 34 g Protein; 3.9 mg Iron; 5 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.1 mcg Vitamin B<sub>12</sub>; 7.3 mg Zinc; 30 mcg Selenium; 123.8 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.*

## Creamy Ground Beef Pasta Soup

*Who is this recipe for? Well, it's for busy parents that don't want to spend a lot of time cooking. It's also for parents that don't want to spend time cooking something their kids won't eat. Come to think of it, this recipe is also for anyone who just wants an affordable and delicious meal. So, to answer the original question, we guess this recipe is for everyone.*

Total Recipe Time: 30 minutes

Makes 6 servings

- 1 pound lean Ground Beef
- 1 medium onion, chopped
- 2 teaspoons Italian seasoning
- 2-3 cloves minced garlic
- Salt and pepper to taste
- 4 cups beef stock
- 1 jar (24 oz) spaghetti sauce
- 1 can (15 oz) tomato sauce
- 2 cups uncooked pasta
- 4 oz cream cheese
- Fresh basil, optional
- Parmesan cheese, optional



1. Heat large nonstick stock pot over medium heat until hot. Add Ground Beef and onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings, if needed. Add Italian seasoning, garlic, salt and pepper, to taste.

***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.*

2. Add beef stock, spaghetti sauce, tomato sauce and pasta to pot and let simmer for approximately 10-12 minutes.
3. Add cream cheese and mix well. Continue simmering until pasta is tender and soup is thickened to your liking. Garnish with fresh basil and parmesan cheese.

## Tuscan Beef Meatball and White Bean Soup

*Enjoy this hearty Tuscan-style Ground Beef meatball soup chock-full of vegetables, beans and grains.*

Total Recipe Time: 40 minutes

Makes 8 servings

### Meatballs:

- 1 pound Ground Beef (80% lean or leaner)
- 1/2 cup minced onion
- 1/3 cup seasoned dry breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 egg, beaten
- 2 tablespoons chopped fresh parsley leaves
- 1 teaspoon minced garlic
- 1/2 teaspoon salt

### Soup:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 medium carrots, diced
- 2 tablespoons minced garlic
- 8 cups beef broth
- 1 Parmesan cheese rind (3 to 4 inches)
- 2 small sprigs fresh rosemary
- 2 small sprigs fresh thyme
- 1 cup dry farro
- 2 cans (15 ounces each) cannellini beans, drained and rinsed
- 2 cups fresh chopped kale, ribs removed

### Serving Suggestion:

- 1/2 French baguette, cut into 16 slices, 1/4 inch thick
- 1/3 cup finely grated Parmesan cheese, additional for garnish

1. Combine all Meatball ingredients in a large bowl; mixing lightly but thoroughly. Roll beef mixture into 48 small meatballs, about 1/2 ounce each. Cover and refrigerate.
2. Preheat oven to 350°F. Place baguette slices on shallow-rimmed baking sheet. Sprinkle slices with Parmesan cheese. Bake 8 to 9 minutes until cheese is melted and begins to brown. Set aside to cool.
3. Heat oil in 5-quart stockpot over medium heat until hot. Add onion, carrots and garlic; cook 5 minutes or until vegetables are soft. Add broth, rind, rosemary and thyme and bring to a boil. Gently add prepared meatballs, farro and beans to stockpot. Reduce heat to simmer; cook 20 to 25 minutes or until farro is soft and meatballs are cooked through, stirring occasionally. Remove herb sprigs and rind. Skim fat, if desired. Stir in kale and cook 5 minutes. Season with salt and pepper, as desired. Serve with Parmesan baguette slices and additional Parmesan cheese, as desired.

***Nutrition information per serving, 1-2/3 cups:** 431 Calories; 86.4 Calories from fat; 9.6g Total Fat (3.5 g Saturated Fat; 0.1 g Trans Fat; 1 g Polyunsaturated Fat; 3.9 g Monounsaturated Fat;) 71 mg Cholesterol; 1732 mg Sodium; 55 g Total Carbohydrate; 7.5 g Dietary Fiber; 32.1 g Protein; 194 mg Calcium; 5.4 mg Iron; 498 mg Potassium; 0.4 mg Riboflavin; 6.9 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 1.7 mcg Vitamin B<sub>12</sub>; 251 mg Phosphorus; 4 mg Zinc; 25.9 mcg Selenium; 79.7 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, and Selenium; and a good source of Calcium, Potassium, and Choline.*



# Calypso Beef Soup

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

Total Recipe Time: 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.

**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.

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.

**Nutrition information per serving:** 319 Calories; 108 Calories from fat; 12g Total Fat (6 g Saturated Fat; 3 g Monounsaturated Fat;) 84 mg Cholesterol; 339 mg Sodium; 23 g Total Carbohydrate; 4.8 g Dietary Fiber; 30 g Protein; 4.7 mg Iron; 6.9 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.8 mcg Vitamin B<sub>12</sub>; 7.1 mg Zinc; 23.8 mcg Selenium; 98.7 mg Choline.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.*

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