

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Home-Style Vegetable Beef Soup

From Paula Deen's Magazine

Makes about 6 to 8 (1 cup) servings

- 1 pound ground chuck (We like to get free-range ground beef from a local farmer.)
- 2 cups diced yellow onion
- 1 cup chopped celery (1/2-inch pieces)
- 2 (32-ounce) boxes beef broth (Look for an all natural or organic brand with no MSG.)
- 3 cups quartered red potatoes
- 1 (14.5-ounce) can fire roasted tomatoes
- 1 cup chopped carrots (1/4-inch pieces)
- 1 cup fresh green beans, trimmed and halved
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground red pepper

In a large Dutch oven, cook beef, onion, and celery over medium-high heat for 5 minutes, or until beef is browned and crumbly and onion is soft. Drain beef mixture, and return to Dutch oven. Add broth, potatoes, tomatoes, carrots, green beans, salt, black pepper, cumin, and red pepper. Bring soup to a simmer, and cook uncovered for 30 minutes, or until potatoes are tender, stirring frequently. Serve immediately.

Note: Soup can be made ahead and frozen for up to 1 month. Thaw in refrigerator.