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“Vegetable Beef Soup”

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Warm and comforting soup from the slow cooker - and a great way to use the 2005 Dietary Guidelines in planning dinner tonight. Serves 6-8

Ingredients:

- 1 1/2 pounds lean beef
- 1 tablespoon vegetable oil
- 1 can (15 oz.) stewed tomatoes
- 3 cans (14.5 oz each) beef broth
- 2 cans (15 oz each) chickpeas, drained
- 1 clove garlic, minced
- 1 teaspoon Italian Seasoning
- 2 cups frozen mixed vegetables
- salt and pepper to taste
- shredded Parmesan cheese

Method:

Cut beef into bite-size pieces; brown in hot oil. Place beef in 5-quart slow cooker. Dice tomatoes, if desired; add to beef. Add broth, drained chickpeas, garlic and Italian seasoning. Cover and cook on high for about 5 hours.

Add mixed vegetables, cover and continue to cook 1 hour or until vegetables are tender. Salt and pepper to taste.

To serve, sprinkle with Parmesan cheese and serve with crusty whole grain bread and a glass of low-fat milk.

2005 Dietary Guideline Notes:

Choose a variety of vegetables each day (2 1/2 cups). When selecting and preparing meat, make choices that are lean, low-fat, or fat-free. Consume 3 ounces whole-grain products per day. For more detailed information on the 2005 Dietary Guidelines see

www.healthierus.gov/dietaryguidelines