

Beef and Butternut Squash Soup

- 4 lb butternut squash, peeled and cubed
- 3 - 4 tablespoons olive oil
- 1 large onion, chopped
- 2 lb lean beef chuck
- 32 oz beef stock
- 2 cloves garlic, crushed
- Sprig fresh thyme, or dried
- Sprig of rosemary, or dried
- 1 teaspoon Himalayan sea salt
- 1 teaspoon pepper



1. Prepare the squash by peeling it, removing the seeds and cutting it into cubes.
2. If your beef is not already in pieces then cut it up into cubes, and the same for the onion.
3. Heat the oil on a medium heat in a large pot with a solid bottom, then add the onion and sauté for a couple minutes, now add the beef and brown it for a couple of minutes.
4. Add the beef stock, herbs, salt and pepper. Cook it on the stove top on a low simmer for about an hour with a lid on the pot, do not boil.
5. Finally add the butternut squash and cook for a further 30 minutes or until beef is tender.

Slow Cooker Instructions:

1. Follow the directions as before and sauté the onions and brown the beef.
2. Now you want to add the beef, onions, butternut squash and all remaining ingredients into the slow cooker.
3. Cook it on low for 5 - 6 hours, or high for about 3 - 4. how long it takes will depend on the heat of your slow cooker, I would check it after 3 hours so see if the meat is tender and the squash is soft.

Soup recipes are difficult to accurately measure exact portions. What we've found is that when you spoon out 2 cups of soup (or chili) it will render approximately one serving.

Makes approximately 8 servings.

Serving size: 3 ounces of beef and 1 cup of cooked butternut squash and broth.

Enjoy with one cup of on plan fruit to complete the meal.

