

## Ground Beef Butternut Squash and Kale Soup

- 2 tablespoons extra-virgin oil
- ½ lb grass-fed extra-lean ground beef
- 2 garlic cloves — minced
- ¾ cup yellow onion — diced
- ½ cup celery — diced
- ½ cup red pepper — diced
- 1 teaspoon dried parsley
- 28 oz can diced/chopped tomato
- 1 cup butternut squash — peeled and diced
- 5 cups vegetable broth or organic bone broth
- 2 cups kale — chopped
- Pinch cayenne pepper
- Himalayan sea salt and black pepper



1. In a large pot over high heat, add olive oil. When the pot and the oil are hot, turn the heat down to medium. Add ground beef and garlic. Stir occasionally and cook for about 10 minutes or so.
2. Add onions, celery, red peppers and dried parsley. Cook until onions are gold brown. Add chopped tomatoes, butternut squash and broth. Bring to a boil. Cook for about 10 to 15mins.
3. Add kale, cayenne pepper, salt and pepper and cook for 4 minutes more. Taste and add any extra seasonings, if necessary. Enjoy!

