RECIPE of the MONTH

JERSEY FRESH™ Farm to School

NOVEMBER

Great Garden Soup

SERVES 8



INGREDIENTS:

Nonstick Cooking Spray
1/3 lb. Ground Beef, lean
3/4 cup Onion, peeled, 1/4" diced
2 Garlic Cloves, minced
3/4 cup Butternut Squash, 1/2" cubed
1/3 cup Green Beans, cut into 1/2" pieces
1/4 cup Corn, frozen
1 Tbsp. Thyme Leaves, dried
2/3 cups Summer Squash, unpeeled, 1/2" diced
15 oz. can Kidney Beans, rinsed, drained
1/4 cup Tomato Sauce
1/2 cup Tomatoes, canned, diced with juice
1/3 cup Water

INSTRUCTIONS:

1. Coat skillet with nonstick cooking spray. Heat skillet on meduim-high heat.
2. Add ground beef & cook until browned, about 12-15 minutes. Drain.
3. Add to stockpot: browned beef, onions, garlic, butternut squash, green beans, corn, & thyme.
4. Cook for 4-6 minutes on medium-high heat, stirring occasionally, until onions are tender.

Maschio's Food Services, Inc.