

Beefy Minestrone Soup

Corinne Bachle, MG

1 tri-tip roast, 2-3 lbs.

2 quarts water

2 quarts beef stock
(fat free, low salt)

Olive oil

2 14-oz. cans pinto beans

1 large garlic clove

2 cups celery, chopped

1 large onion, chopped

3 large carrots, chopped

2 cups fresh string beans, trimmed, and cut into 1" pieces

2 cups fresh zucchini, quartered and sliced

2 cups thinly sliced and quartered new potatoes

2 cans Italian stewed tomatoes

2 cups shredded cabbage

4 Tbs. green pesto sauce (or more)

1 cup Trader Joe's Harvest Grains Blend

Salt and pepper to taste

Parmesan cheese to taste

Steak and roast seasoning (or similar) to taste

This hearty soup can't be beat on a cold autumn day! It takes a little time, but its well worth the effort. It's a meal in itself and it makes a BIG pot of soup. ENJOY!!

1. Trim tri-tip of all visible fat. Cut into 3 or 4 chunks and season with Steak and Roast (or similar) seasoning. Place in crockpot and pour 1 quart of beef broth over.
2. Cook on high for about 6-8 hours until meat is very tender.
3. Skim fat from broth and add more broth to the soup pot.
4. Place meat on plate and cut across the grain in 1 inch strips.
Meanwhile...
5. Sauté the onion, celery, and garlic in olive oil.
6. Blend ½ of pinto beans with some added liquid in a blender until they are a smooth consistency (set aside).
7. Put the water and 1 quart beef broth in a 10-quart stock pot.

8. When water comes to a boil, add remaining whole pinto beans, Harvest Grains Blend and all vegetables except cabbage.
9. Cook on low flame for 40 minutes.
10. Add blended pinto beans. Leave lid off pot after adding blended pinto beans. Add shredded cabbage, sliced beef and broth from the crockpot.
11. After beans and vegetables are cooked, add cabbage and boil 15-20 minutes. Add Harvest Grain Blend, salt and pepper, and pesto. Simmer 10 minutes.
12. When serving, add Parmesan cheese to taste.