



# Beef & Lentil Soup

STRAIGHT FROM THE FIELDS OF MONTANA, THIS DELICIOUS SOUP COMBINES TWO LOCALLY-RAISED PRODUCTS FOR A HEARTY AND NUTRITIOUS MEAL

## Ingredients

- 1 pound ground beef or stew meat
- 2 - 3 Tbs butter or oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 5 carrots, chopped
- 3 celery ribs, chopped
- 14.5 ounce can of diced tomatoes (or equivalent in fresh tomatoes)
- 28 ounce can tomato puree or crushed tomatoes
- 3.5 cups broth or stock
- 3.5 cups water
- 2 cups dry lentils (brown or green)
- ½ tsp oregano
- ½ tsp sugar or honey
- ½ Tbsp balsamic vinegar
- 1 tsp salt
- freshly ground black pepper to taste

## Directions

- Sauté the onion in butter or oil over medium-high heat for 3-4"
- Add garlic and stir for 1"
- Add beef and brown
- Add carrots, celery, tomatoes, tomato puree, broth, water, lentils and oregano. Bring to a boil then reduce heat and simmer for 45 - 60" over low heat. Lentils should be just tender.
- Stir in the sugar or honey, vinegar, salt and pepper during the last 5" of cooking time.
- Serve with a crusty bread and fresh green salad for a complete meal