



Cuisine Santé Beef Soup (Gluten Free)

YIELD 6 SERVING

Ingredients

1 qt Water, boiling
 ½ oz HACO-Swiss Cuisine Santé Beef Flavored Stock
 1 oz Extra Virgin Olive Oil
 ½ oz Roasted garlic, chopped
 ½ oz Onion, chopped
 1 oz Roasted corn
 1 oz Button mushrooms, chopped
 1 oz Potatoes, chopped
 1 oz Black beans, softened
 1 oz Oven dried tomatoes with basil
 1 oz Boniato, peeled and cut
 1 oz Broccoli, cut into pieces
 2 oz Prime sirloin beef
 1 oz Parsnip, chopped
 1 oz Fennel, chopped
 1 pinch Thyme, fresh

Preparation

Bring 1 qt of water to a boil. In the meantime, sauté the chopped onions, garlic, corn, mushrooms in Extra Virgin Olive Oil. Add Cuisine Santé Beef Flavored Stock to the boiling water, lower heat and add the sautéed ingredients, potatoes, black beans, tomatoes, boniato and broccoli. Incorporate the sliced sirloin beef, parsnip, fennel and fresh thyme. Cook at medium to high heat until beef is tender and the potatoes, boniato and broccoli are softened.

Setting

Place soup in desired serving dish and then garnish with some cilantro and yucca.

Specialty Ingredients

#720 HACO-Swiss Cuisine Santé Beef Flavored Stock
 Extra Virgin Olive Oil

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (227g) Servings 6 Calories 127 Fat Cal. 35	Total Fat 4g	6%	Total Carb. 17g
	Sat. Fat 1g	4%	Fiber 3g	15%
	Trans fats 0g		Sugars 2g	
	Cholest. 7mg	2%	Protein 8g	
	Sodium 132mg	4%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.				
	Vitamin A 25%	Vitamin C 20%	Calcium 4%	Iron 10%