



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

January 27th, 2014 Cooking Class

Featuring

Dan and Tiffany Gagliardo

Of D'Avolio's Olive Oil and Vinegars

Beefy Vegetable Soup

Serves 12

Ingredients:

- 2 Pounds beef shank
- 2 Onions, medium
- 4 Carrot, large, coarsely chopped
- 2 Stalks celery, chopped with tops too
- ½ Cabbage head (5 cups)
- 4.5 Cups water
- 1 Can beef broth (14 oz)
- ½ Teaspoon ground pepper
- 3 Potatoes, medium, peeled and coarsely chopped
- 1 Can diced tomatoes
- 1 Cup frozen corn
- 1 Cup frozen peas
- ¼ Cup chopped fresh parsley
- Any D'Avolio Extra Virgin Olive Oil (enough to coat pot)

Directions:

- 1) Brown beef with EVOO.
- 2) Take meat out of pan and put aside.
- 3) In same pan, add onions until tender (about 5 minutes).
- 4) Return beef to pan.
- 5) Add carrots, celery, broth, cabbage, water, salt, and pepper.
- 6) Heat to boil, then reduce heat to simmer and cover.
- 7) Cook for 1 hour until beef is tender.
- 8) Then add potatoes and bring to a boil again. Reduce to simmer.
- 9) Stir in tomatoes and its juice. Cover and simmer for 10 minutes.
- 10) Remove beef from soup and place on cutting board and cut into small chunks.
- 11) Put beef back into soup.
- 12) Add peas and corn to pot and bring to a boil.
- 13) Add parsley at the end.

Nutrition Facts			
Serving Size: 1 serving (437.5g)			
Servings: 12			
Amount Per Serving			
Calories	230	Calories from Fat	60
% Daily Value*			
Total Fat	7g		10%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	360mg		15%
Total Carbohydrate	22g		7%
Dietary Fiber	4g		18%
Sugars	7g		
Protein	20g		
Vitamin A	90%	•	Vitamin C 70%
Calcium	8%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

