



Meat Share

November 2018-February 2019

January 2019

THIS MONTH'S RECIPES

I love soup this time of year and here are two of my go to recipes. Enjoy!

Taco Soup

- 1 lb. ground beef, browned
 - 1 small onion, diced
 - 2 garlic cloves, minced
- 1 10 oz. package frozen corn
 - 1 28 oz. diced tomatoes
 - 1 15 oz. can pinto beans
 - 1 15 oz. can black beans
 - 1 15 oz. can kidney beans
 - 1 10 oz. can Rotel
- 1 Tablespoon each – cumin, paprika, garlic powder, onion powder and chili powder
 - 1 Tablespoon + 1 teaspoon salt
 - 1/2 cup ranch dressing
- 1 -4+ cups water or chicken broth depending on how thin or thick you want the soup

Combine all ingredients in a stockpot. Bring to a boil and then allow to simmer for 1 hour.
Serve with sour cream and shredded cheddar cheese.

Slow cooker method – Dump all ingredients in. Cook on low for 8 hours or high for 4 hours.

Recipe from <http://myblessedlife.net>

Olive Garden Pasta e Fagioli Soup Copycat Recipe

INGREDIENTS

2 lbs. ground beef
1 onion chopped
3 carrots shredded
1 c. celery chopped
2 28 oz diced tomatoes undrained
1 16 oz red kidney beans drained
1 16 oz white kidney beans drained
4 cups beef stock
3 tsp oregano
2 tsp pepper
5 tsp parsley
1 tsp tabasco sauce
20 oz spaghetti sauce
8 oz pasta

INSTRUCTIONS

1. Brown ground beef in large skillet.
2. Add beef and all ingredients except the pasta into a large crock pot.
3. Cook on low for 7-8 hours or high for 4-5 hours.
4. Before serving, cook pasta according to package directions.
5. Drain and add to soup.
6. Serve with crusty bread, breadsticks, or cornbread.

Instant Pot Version: Brown beef and onion. Add all other ingredients except pasta. Use the manual button and cook for 20 minutes. Release Pressure and add pasta. Pressure cook again for half the amount of time the pasta package says to cook for, release pressure and if pasta isn't quite finished used the saute button to finish cooking.

Recipe from www.favfamilyrecipes.com

Thank You

for supporting our first season of meat shares!

If something comes up and you can't make it, we can meet on Sunday's in Helena. You must call/email to make arrangements. info@coopercreekranch.com
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