



"Souper New Year" Beef "Stew-ish" Soup

You'll Need:

- 2 pounds of stew beef pieces
- 1 sweet onion, chopped
- 2 Tablespoons of Hope30 Garlic Blend
- 8 cups of Beef Stock
- 1 tsp of dried crushed rosemary
- 1 large head of cauliflower, steamed & pureed
- 2 Cups Raw Cauliflower Florets
- 1 1/2 cups of fresh green beans, cut

Hope30 Garlic Blend:

- 6 Tablespoons of Garlic Powder
- 2 tsp pink salt
- 2 tsp black pepper

Let's Make It!

- Coat your stew beef with 1 Tablespoon of Hope30 Garlic Blend Seasoning, and brown in a non-stick pan. Once browned, transfer to a soup pot.
- Add a small splash of beef broth to your non-stick pan and scrape the brown bits before adding the onion to brown. Once browned, transfer the onions to the soup pot.
- Add the remaining broth, the rosemary and the remaining tablespoon of Garlic Blend Seasoning.
- Bring this to a boil, and then simmer for 1 hour.
- After an hour of simmering, add the cauliflower puree to the soup pot, along with the raw cut green beans.
- Simmer for an additional 45 minutes to an hour uncovered.
- Add raw cauliflower florets and simmer until fork tender.

