

# HARVEST BUTTERNUT & BEEF STEW

## Ingredients:

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 1/2 tsp black pepper
- 1 lb lean beef stew meat, cubed
- 2 (32 oz) cartons unsalted beef broth
- 1 medium butternut squash, peeled & diced
- 1 lb mushrooms, sliced
- 1 cup whole-wheat orzo
- 4 cups chopped kale
- 2 Tbsp chopped fresh dill
- 1/2 cup shredded Parmesan cheese

## Preparation:

1. In a large pot, heat oil over medium-high. Add onion & pepper. Cook 2-3 minutes or until onion is soft, stirring occasionally.
2. Add beef & cook 5-7 minutes, or until beef is cooked through.
3. Add broth, squash, mushrooms & orzo. Bring to a boil. Reduce heat to medium-low. Cover & cook 12-15 minutes or until squash is fork-tender.
4. Stir in kale & dill. Cook 2-3 minutes, or until wilted.
5. Divide into bowls & top with cheese. Serve immediately.

30 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
<b>Serving size</b>	(511g)
<b>Amount per serving</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 4mg	20%
Potassium 688mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories  
& sodium  
close to a  
match?


1 for 1  
certified

This recipe is  
1 for 1 certified  
& meets a  
lower sodium  
standard.

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**CHOOSE  
HOME  
MADE**



# BUTTERNUT SQUASH

## In Season

August - November

## How to Select

Choose a deep beige-colored squash free of cuts or bruises & is heavy for its size.

## How to Store

Store whole squash in a cool, dark place up to 1 month. Refrigerate cooked, peeled squash in a zip-close bag up to 5 days.

## Helpful Tip

For a faster cook time, poke deep holes in the squash with a fork & microwave about 10 minutes.