

Italian Comfort Stew

From – Fresh from the Farmstand

3 Tbsp olive oil
1 lb ground beef
1 lb Italian pork sausage links, removed from casing
3 cloves garlic, minced
2 yellow onions, coarsely chopped
24 oz jar chunky marinara sauce
2 cups vegetable or beef broth
2 green peppers, thickly sliced
2 to 3 zucchini, cubed
1 ½ cup small black olives, drained
2 Tbsp Italian seasoning
salt & pepper to taste
Garnish: shredded Parmesan cheese

- Heat oil over medium heat in a large soup pot.
- Add beef and sausage. Saute` for 5 to 7 minutes, or until almost done.
- Add garlic and onions. Stir.
- Add marinara sauce, broth, green peppers, zucchini, olives and Italian seasoning. Stir again.
- Season with salt & pepper.
- Heat through until bubbling.
- Reduce heat. Cover and simmer until vegetables are tender, about 15 minutes. The longer this soup cooks the thicker and richer it becomes.
- Add more salt & pepper as needed.
- Fill soup bowls and garnish with Parmesan cheese.



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