



Cowboy Sirloin & Veggie Soup

- 2 tablespoons Worcestershire sauce
- 1 tablespoon lemon (or lime) juice
- 1 tablespoon olive oil
- 1 teaspoon dried basil leaves
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon minced garlic
- 1 ½ lbs boneless beef sirloin steak
- 4 cups fat free beef broth
- 1 (16-ounce) jar chunky-style salsa or picante
- 1 (16-ounce) package frozen broccoli, corn, cauliflower & red peppers
- 1 (15.5-ounce) can great northern beans, drained, rinsed
- 1 cup torn fresh spinach
- Cheese Garlic croutons for garnish, if desired



Cut beef into ¼-inch thick strip; cut each strip into 1-inch pieces and place in plastic bag. Add Worcestershire sauce, lemon or lime juice, olive oil, basil, salt, pepper and garlic to bag with steak and marinate in refrigerator for 2 hours.

Heat Dutch oven or large saucepan over medium-high heat until hot. Add beef mixture; cook and stir 4 to 5 minutes or until browned.

Stir in broth, salsa and vegetables. Bring to a boil over medium-high heat. Reduce heat to low; simmer 10 minutes.

Stir in beans. Cook 4 to 5 minutes or until thoroughly heated. Stir in spinach. Garnish with croutons if desired.

Entered and demonstrated at the What's For Dinner Beef Cookoff at the Kansas State Fair by:

Laura McReynolds
Hutchinson KS