



## **Beef and Beet Whole Grain Soup**

### **Ingredients:**

½ cup Fieldstone Organics Ultimate Whole Cereal (soaked in equal parts water for 12-24 hours)

1lb Stewing steak

1 tbsp coconut oil

1 garlic clove minced

½ cup chopped onion

½ cup chopped carrot

1 cup diced beets

2 cups beef stock

1 28oz canned diced tomatoes

Salt and Pepper to taste

### **Procedure:**

In a large pan, heat the oil and gently brown the steak with the garlic. Add the onion, celery, beets and carrots and gently sauté. Add beef stock, tomatoes and whole grain cereal.

Simmer on a low heat for 20-30 minutes or until grain and vegetables are cooked.

