

Beef and Millet Stew in Bread Bowls

Soup of the Month October - 2015



The kids will love this fun way to serve a hearty beef and millet stew!

Prep Time: 20 Min

Start to Finish: 1 Hr. 30 Min

Makes: 8 servings (1 bowl and 1 cup stew each)

INGREDIENTS

Bread Bowls

1 loaf (about 1 lb.) frozen 100% whole wheat bread dough, thawed
1 tablespoon olive oil
1 teaspoon dried basil leaves

Stew

2 teaspoons olive oil
1 1/2 lb. lean round steak, cut into small pieces
1 medium onion, chopped (1/2 cup)
2 cloves garlic, finely chopped
1 teaspoon dried basil leaves
1 teaspoon dried rosemary leaves
1/4 teaspoon pepper
1 can (28 oz.) diced tomatoes, undrained
1 can (14 oz.) reduced-sodium beef broth
1 cup water
1/2 cup uncooked millet or barley
1 cup ready-to-eat baby-cut carrots, cut in half lengthwise
1 cup frozen cut green beans (from 12-oz bag)

DIRECTIONS

1. On ungreased large cookie sheet, turn 8 (10-oz) custard cups upside down (or a large muffin pan turned upside down; lightly grease outsides of cups with shortening (do not use cooking spray).
2. Divide dough into 8 equal pieces. Shape each piece into ball. Roll or pat each ball into 6-inch round. Place dough round over bottom of each custard cup, stretching to fit. Brush dough with 1 tablespoon oil; sprinkle with basil. Cover; let rise in warm place 20 minutes.
3. Heat oven to 350°F. Bake bread bowls 15 to 20 minutes or until golden brown. Cool 5 minutes; remove from cups to cooling rack. Cool completely, about 30 minutes. (Interiors of bread bowls may be slightly moist.)
4. Meanwhile, in 3-quart saucepan, heat 2 teaspoons oil over medium-high heat. Cook beef, onion, garlic, herbs and pepper in oil 5 to 6 minutes, stirring occasionally, until beef is lightly browned.
5. Stir in broth, tomatoes and water. Heat to boiling; reduce heat to low. Cover; simmer 45 minutes. Stir in millet, carrots and beans. Simmer uncovered about 25 minutes longer or until beef is tender. Serve stew in bread bowls.

Recipe Provides: Fats & Oils 1tsp, Meat & Beans 2oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	8 g	Saturated Fat:	1 ½ g
Calories:	350	Calories from Fat:	70	Carbohydrates:	45 g
Cholesterol:	45 mg	Dietary Fiber:	4 g	Sodium:	550 mg
Sugars:	7 g	Protein:	25 g		



Recipe adapted from www.eatbetterearly.com