

Slow Cooker Beef & Butternut Squash Soup

4 ingredients · 8 hours · 4 servings



Directions

1. Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
2. Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
3. Season with sea salt to taste. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians

Use vegetable broth and chickpeas instead of beef.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

- 1 lb Stewing Beef (chunks)
- 6 cups Butternut Squash (peeled and cubed)
- 4 cups Beef Broth
- 1/4 tsp Sea Salt (to taste)