THE LIGHTER PLATE METHOD

Butternut Squash & Beef Broth

A hearty, low-carb broth with sweet squash and broccoli against savoury beef.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**20 min**	**35 min**	**4**	**EASY**

Ingredients

- 250 g butternut squash (cooked, diced)
- 150 g tomato (diced)
- 1 clove garlic (chopped)
- 0.5 small onion (chopped)
- 1 tsp sea salt
- 200 g beef mince (cooked)
- 1 cup broccoli (cooked)
- 1 tbsp olive oil

Method

1. Brown the garlic and onion in a pot with a little olive oil.
2. Add the squash and tomato and cover with 200ml water.
3. Cover and cook for about 10 minutes, until very soft.
4. Let cool slightly, then blend until smooth.
5. Return to the pot, add the beef mince and broccoli, and stir well to heat through.

Tips & swaps

- A good way to use up leftover cooked mince from another meal.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**18g**	**18g**	**13g**	**4g**

Estimated values, for guidance only.