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*If Veterans don't help Veterans, who will?*

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## *Italian Beef and Bean Soup*

- 2 Tsp all-purpose flour
- 1/4 Tsp salt
- 1/4 Tsp pepper
- 1/2 Lb boneless beef round steak, cut into 1/2-inch cubes
- 1 Tbsp olive or canola oil
- 1 Can (15 oz) cannellini beans, drained, rinsed
- 1 Can (14.5 oz) diced tomatoes with basil, garlic and oregano, undrained
- 2 Cups frozen Italian-blend vegetables (from 1-lb bag)
- 3 Cups water
- Grated Parmesan cheese, if desired

- 1) In 1-quart resealable food-storage plastic bag, place flour, salt and pepper. Seal bag; shake until blended. Add beef; seal bag and shake until beef is evenly coated with flour mixture.
- 2) In 3-quart heavy saucepan or Dutch oven, heat oil over medium-high heat. Add beef; cook 4 to 5 minutes, stirring occasionally, until brown on all sides.
- 3) Stir in remaining ingredients except cheese. Heat to boiling. Reduce heat; simmer uncovered 15 to 20 minutes or until vegetables are tender. Serve with cheese.

Makes 5 Servings

