



Erin Smythe and Mama  
Smythe's Autumn Stew

# Mama Smythe's Autumn Stew

**THIS COMFORTING RECIPE COMES FROM ONE OF OUR SCHOOL BASED MENTAL HEALTH (SBMH) SUPERVISORS, ERIN SMYTHE. OUR SBMH SERVICES OPERATE IN PUBLIC SCHOOLS THROUGHOUT NEW YORK CITY AND ARE BASED ON A GROWING BODY OF EVIDENCE SHOWING THAT AN INTEGRATED FOCUS ON ACADEMICS, HEALTH AND MENTAL HEALTH SERVICES, SOCIAL SERVICES, AND FAMILY AND COMMUNITY SUPPORTS ARE CRITICAL TO IMPROVING STUDENT ACHIEVEMENT.**

## INGREDIENTS

- 1 Tbsp olive or cooking oil
- 1 lb ground beef
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green pepper
- 4 cups (32 oz) beef broth
- 2 cups chopped carrots
- 2 cups diced red potatoes
- Salt and pepper to taste
- 1 26-28 oz can of tomatoes with juice (Pomi brand chopped tomatoes are recommended)
- 1/4 cup ketchup
- 1 can condensed tomato soup and 1 soup can of water
- 2 Tbsp fresh chopped or 2 tsp dried basil
- 2 Tbsp fresh chopped or 2 tsp dried oregano

## DIRECTIONS

In a large soup pot, heat the oil over medium heat. Add the ground meat and cook until browned. Add the chopped onions and cook until slightly soft, stirring occasionally.

Add celery & green pepper and mix. Add broth and bring to a low simmer.

Add the remaining ingredients, one at a time, stirring after each addition.

Once all the ingredients are added, turn heat to high and bring the soup to a low boil. After it boils, reduce heat to medium/low and allow to simmer for 1-2 hours, or until the potatoes are soft enough to be pierced with a fork.

Continue stirring occasionally so that soup does not burn on the bottom.

Serve hot and with a side of cornbread.

### Possible modifications:

- Use ground turkey or chicken with turkey or chicken broth.
- Add any additional spices or seasonings to taste.
- Substitute red potatoes with sweet potatoes for a different flavor.
- Soup can be made in a crock pot. Brown meat and cook onions until slightly soft before adding to crock pot. Place remaining ingredients in pot and cook on low for 8 hours.