



Beef and Lentil Soup

 **Gluten Free**

READY IN

ready

135 min.

SERVINGS

servings

8

CALORIES

calories

226 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 pound beef chuck cut into 1-inch cubes
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 large carrots chopped
- ☐ 2 large stalks celery chopped
- ☐ 64 ounce cartons chicken broth
- ☐ 1.5 teaspoons cilantro leaves dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 cloves garlic chopped

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated to taste
- ☐ 8 servings salt and pepper to taste

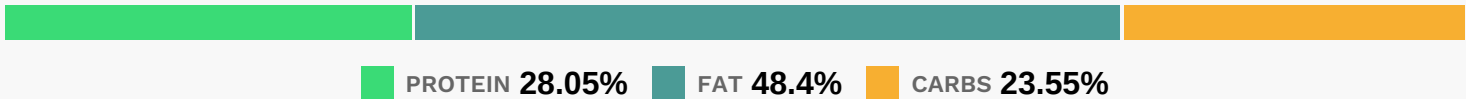
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large pot over medium-high heat until it begins to smoke. Season the beef with salt and pepper, then gently place into the hot oil, and brown on all sides, about 8 minutes. Once browned, remove the beef and set aside, reserving the remaining oil in the pot. Stir in the celery, carrot, onion, garlic, cilantro, and oregano; cook and stir until the onion has softened and turned translucent, about 8 minutes more.
- ☐ Pour in the chicken broth, tomatoes, and browned beef. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the meat is beginning to turn tender, about 1 hour.
- ☐ After the soup has simmered 1 hour, add the lentils, recover, and continue simmering until the lentils are tender, about 40 minutes. Season to taste with salt and pepper, then stir in the parsley.
- ☐ Sprinkle with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:3.27, Inflammation Score:-10, Nutrition Score:19.628695687522%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 225.69kcal (11.28%), Fat: 12.63g (19.43%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 10.74g (3.91%), Sugar: 7.18g (7.98%), Cholesterol: 49.1mg (16.37%), Sodium: 1344.25mg (58.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Vitamin A: 3495.16IU (69.9%), Vitamin K: 46.3µg (44.1%), Zinc: 5.1mg (34.02%), Vitamin B12: 1.68µg (27.96%), Vitamin B6: 0.46mg (22.91%), Selenium: 15.86µg (22.66%), Vitamin B3: 4.45mg (22.25%), Phosphorus: 206.74mg (20.67%), Manganese: 0.41mg (20.6%), Potassium: 665.74mg (19.02%), Vitamin B2: 0.32mg (18.61%), Vitamin C: 15.2mg (18.42%), Iron: 3.05mg (16.92%), Vitamin E: 2.19mg (14.57%), Copper: 0.28mg (14.16%), Calcium: 132.99mg (13.3%), Vitamin B1: 0.19mg (12.7%), Fiber: 3.09g (12.34%), Magnesium: 42.52mg (10.63%), Vitamin B5: 0.78mg (7.85%), Folate: 29.12µg (7.28%)