



Beef and Lentil Soup

 **Gluten Free**

READY IN

ready

135 min.

SERVINGS

servings

8

CALORIES

calories

395 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 cups lentils dry
- ☐ 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

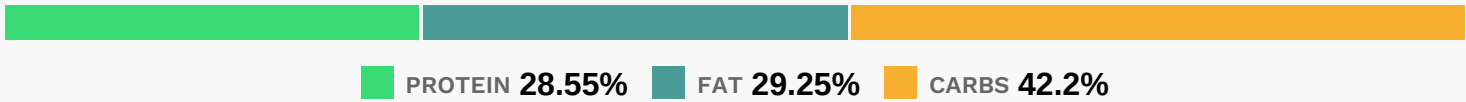
Equipment

- ☐ 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:29.43, Glycemic Load:6.76, Inflammation Score:-10, Nutrition Score:33.704782644044%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg 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 Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 395.13kcal (19.76%), Fat: 13.14g (20.21%), Saturated Fat: 4.48g (28%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 24.94g (9.07%), Sugar: 8.15g (9.06%), Cholesterol: 49.1mg (16.37%), Sodium: 1347.13mg (58.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.71%), Fiber: 17.73g (70.9%), Vitamin A: 3513.88IU (70.28%), Folate: 259.04µg (64.76%), Manganese: 1.05mg (52.52%), Zinc: 7.4mg (49.32%), Vitamin K: 48.7µg (46.38%), Phosphorus: 423.22mg (42.32%), Vitamin B1: 0.61mg (40.64%), Iron: 6.66mg (37.02%), Vitamin B6: 0.72mg (35.87%), Potassium: 1124.14mg (32.12%), Vitamin B3: 5.7mg (28.5%), Selenium: 19.84µg (28.35%), Vitamin B12: 1.68µg (27.96%), Copper: 0.53mg (26.62%), Magnesium: 101.08mg (25.27%), Vitamin B2: 0.42mg (24.56%), Vitamin C: 17.31mg (20.98%), Vitamin B5: 1.81mg (18.12%), Vitamin E: 2.42mg (16.14%), Calcium: 159.87mg (15.99%)