



## Beef and Onion Soup with Cheesy Biscuit Croutons

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 1 oz onion soup mix (from 2-oz box)
- 0.3 teaspoon pepper
- 1.8 cups beef broth (from 32-oz carton)
- 3 cups water
- 1 tablespoon brown sugar packed
- 1 tablespoon worcestershire sauce
- 3 tablespoons parmesan cheese grated

- 0.3 cup water
- 3 oz swiss cheese shredded finely
- 1 sprigs flat parsley italian (flat-leaf)
- 1 cup frangelico

## Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven

## Directions

- In 3-quart saucepan, cook beef, onion soup mix and pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in remaining soup ingredients.
- Heat to boiling; reduce heat to medium-low. Cook uncovered 10 minutes.
- Meanwhile, heat oven to 425°F. Spray cookie sheet with cooking spray. In medium bowl, stir Bisquick mix, Parmesan cheese and 1/4 cup water until soft dough forms.
- Place dough on work surface sprinkled with additional Bisquick mix; roll in Bisquick mix to coat. Shape into a ball; knead 10 times.
- On cookie sheet, press or roll dough into 12x6-inch rectangle, 1/4 inch thick.
- Cut into 8 squares, but do not separate.
- Bake 6 to 8 minutes or until golden brown.
- Remove soup from heat; cover to keep warm.
- Remove croutons from oven; sprinkle with Swiss cheese. Set oven control to broil.
- Cut and separate croutons slightly. Broil with tops 4 to 6 inches from heat 2 to 3 minutes or until cheese is bubbly and slightly browned.
- Ladle soup into 4 bowls; float 2 croutons in each bowl.
- Garnish with parsley.

# Nutrition Facts

PROTEIN 26.44% FAT 64.82% CARBS 8.74%

## Properties

Glycemic Index:22.75, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:15.075652132864%

## Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

## Nutrients (% of daily need)

Calories: 430.57kcal (21.53%), Fat: 30.58g (47.05%), Saturated Fat: 13.28g (82.97%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.77g (3.19%), Sugar: 3.67g (4.08%), Cholesterol: 103.55mg (34.52%), Sodium: 1206.59mg (52.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.14%), Vitamin B12: 3.19µg (53.22%), Zinc: 5.94mg (39.62%), Selenium: 25.88µg (36.96%), Phosphorus: 356.61mg (35.66%), Vitamin B3: 5.77mg (28.85%), Calcium: 272.93mg (27.29%), Vitamin B6: 0.44mg (21.89%), Vitamin B2: 0.29mg (17.22%), Iron: 2.79mg (15.48%), Potassium: 477.01mg (13.63%), Magnesium: 37.04mg (9.26%), Vitamin B5: 0.76mg (7.61%), Copper: 0.15mg (7.42%), Vitamin K: 6.85µg (6.52%), Vitamin B1: 0.08mg (5.15%), Vitamin A: 235.08IU (4.7%), Manganese: 0.09mg (4.57%), Vitamin E: 0.63mg (4.18%), Folate: 12.95µg (3.24%), Fiber: 0.51g (2.03%), Vitamin C: 1.13mg (1.36%)