



## Beef-Vegetable Soup

 Gluten Free

READY IN



230 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons vegetable oil
- 2 pounds beef shanks
- 1 cup onion sliced
- 6 cups water cold
- 1 teaspoon salt
- 1 bay leaves dried
- 1 tablespoon pickling spices
- 10.5 ounces beef broth canned

- 2 cups potatoes cubed
- 1 cup carrots sliced
- 1 cup celery stalks sliced
- 2 cups cabbage shredded
- 0.5 cup catsup
- 15 ounces beets drained sliced cut in half canned
- 0.8 cup whipping cream (heavy)

## Equipment

- dutch oven

## Directions

- Heat oil in 4-quart Dutch oven over medium heat. Cook beef and onion in oil
- until beef is brown on both sides.
- Add water; heat to boiling. Skim foam from broth.
- Stir in salt, bay leaf and pickling spice; reduce heat. Cover and simmer 3 hours.
- Remove beef from broth. Cool beef about 10 minutes or just until cool enough
- to handle. Strain broth; discard vegetables and seasonings.
- Remove beef from
- bones.
- Cut beef into 1/2-inch pieces. Skim fat from broth.
- Add enough canned broth to broth from beef to measure 5 cups. Return broth
- and beef to Dutch oven. Stir in potatoes, carrots, celery, cabbage, ketchup and
- beets.
- Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until
- vegetables are tender. Cool 10 minutes. Stir in whipping cream.

## Nutrition Facts



■ PROTEIN 23.18% ■ FAT 41.28% ■ CARBS 35.54%

## Properties

Glycemic Index:41.43, Glycemic Load:10.67, Inflammation Score:-10, Nutrition Score:25.668261030446%

## Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

## Nutrients (% of daily need)

Calories: 411.27kcal (20.56%), Fat: 19.23g (29.59%), Saturated Fat: 8.84g (55.24%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 32.96g (11.98%), Sugar: 16.58g (18.43%), Cholesterol: 69mg (23%), Sodium: 974.58mg (42.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.3g (48.6%), Vitamin A: 4245.41IU (84.91%), Vitamin B12: 3.1µg (51.72%), Zinc: 6.98mg (46.56%), Vitamin B6: 0.82mg (41.03%), Vitamin B3: 7.19mg (35.96%), Vitamin C: 29.11mg (35.29%), Vitamin K: 37.02µg (35.26%), Potassium: 1039.78mg (29.71%), Phosphorus: 292.37mg (29.24%), Selenium: 18.68µg (26.68%), Vitamin B2: 0.39mg (23.22%), Manganese: 0.45mg (22.61%), Iron: 3.47mg (19.28%), Fiber: 4.29g (17.16%), Folate: 67.18µg (16.79%), Copper: 0.32mg (15.83%), Magnesium: 58.73mg (14.68%), Vitamin B1: 0.21mg (13.87%), Calcium: 103.28mg (10.33%), Vitamin B5: 0.9mg (8.99%), Vitamin E: 1.21mg (8.08%), Vitamin D: 0.48µg (3.17%)