



Beef Vegetable Soup



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium size baking potato diced peeled
- ☐ 1.5 pounds beef stew meat
- ☐ 15 oz tomato sauce canned
- ☐ 14.5 oz canned tomatoes diced italian-style canned
- ☐ 1 rib celery chopped
- ☐ 1 extra large chicken bouillon cube
- ☐ 32 oz vegetables mixed frozen (peas, carrots, green beans, and lima beans)
- ☐ 2 garlic cloves minced

- ☐ 0.5 cup catsup
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper

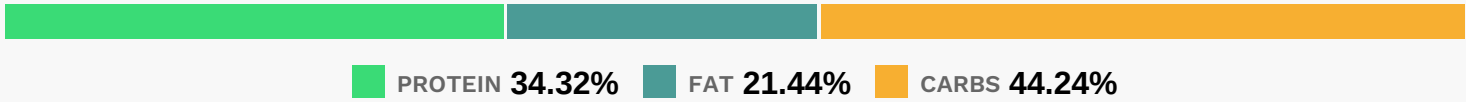
Equipment

- ☐ dutch oven

Directions

- ☐ Cook meat in hot oil over medium-high heat in a large Dutch oven 6 to 8 minutes or until browned.
- ☐ Stir in frozen mixed vegetables, next 9 ingredients, and 1 1/2 qt. water, stirring to loosen particles from bottom of Dutch oven. Bring mixture to a boil over medium-high heat; cover, reduce heat to low, and simmer, stirring occasionally, 55 to 60 minutes or until potatoes are tender.
- ☐ Note: For testing purposes only, we used Knorr Chicken Bouillon cube.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:5.84, Inflammation Score:-9, Nutrition Score:14.088260951249%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 149.75kcal (7.49%), Fat: 3.73g (5.73%), Saturated Fat: 1g (6.25%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 13.59g (4.94%), Sugar: 4.37g (4.86%), Cholesterol: 28.16mg (9.39%), Sodium: 361.76mg (15.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.85%), Vitamin A: 3294.83IU (65.9%), Vitamin B6: 0.5mg (24.95%), Vitamin B3: 4.72mg (23.59%), Selenium: 13.43µg (19.18%), Phosphorus: 162.82mg (16.28%), Zinc: 2.37mg (15.79%), Potassium: 543.28mg (15.52%), Vitamin C: 12.61mg (15.28%), Fiber: 3.72g (14.9%), Manganese:

0.29mg (14.49%), Vitamin B12: 0.84µg (14%), Iron: 2.32mg (12.91%), Vitamin B1: 0.16mg (10.69%), Vitamin B2: 0.18mg (10.49%), Copper: 0.21mg (10.49%), Magnesium: 40.54mg (10.14%), Folate: 33.78µg (8.45%), Vitamin E: 1.14mg (7.62%), Vitamin B5: 0.52mg (5.21%), Calcium: 43.31mg (4.33%), Vitamin K: 4.01µg (3.82%)