



Beefy Bean Soup

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 3 cups beef broth
- 0.8 pound beef stew meat cut into 1 inch cubes
- 30 ounce navy beans rinsed drained canned
- 4 carrots cut into 1 inch pieces
- 2 stalks celery cut into 1 inch pieces
- 1 cup cooking wine dry white
- 2 tablespoons thyme leaves fresh chopped

- 0.3 teaspoon ground pepper black
- 1 onion chopped
- 1 tablespoon vegetable oil

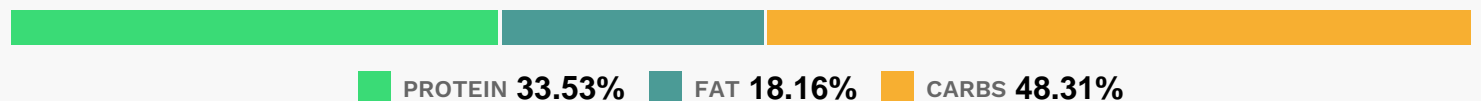
Equipment

- dutch oven

Directions

- Heat oil in Dutch oven over medium-high heat. Cook beef and onion in oil about 15 minutes, stirring frequently, until beef is brown.
- Stir in broth, wine, thyme, pepper and bay leaf.
- Heat to boiling; reduce heat. Cover and simmer about 45 minutes, stirring occasionally, until beef is almost tender.
- Stir in beans, carrots and celery. Cover and simmer about 30 minutes, stirring occasionally, until vegetables are tender.
- Remove bay leaf.
- Sprinkle with chopped fresh parsley and crumbled cooked bacon, if desired.

Nutrition Facts



Properties

Glycemic Index:32.97, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:24.816086955692%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 329.28kcal (16.46%), Fat: 6.13g (9.44%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 27.47g (9.99%), Sugar: 3.66g (4.07%), Cholesterol: 35.15mg (11.72%), Sodium: 1154.87mg (50.21%), Alcohol: 4.12g (100%), Alcohol %: 1.2% (100%), Protein: 25.48g (50.96%), Vitamin A: 6966.35IU (139.33%), Manganese: 0.75mg (37.3%), Fiber: 9.24g (36.98%), Phosphorus: 360.02mg (36%), Selenium: 25µg (35.71%), Vitamin B6: 0.64mg (32.24%), Vitamin B3: 6.01mg (30.04%), Folate: 115.16µg (28.79%), Iron: 4.71mg (26.18%), Potassium: 901.75mg (25.76%), Magnesium: 98.71mg (24.68%), Zinc: 3.69mg (24.59%), Copper: 0.4mg (19.81%), Vitamin B1: 0.3mg (19.75%), Vitamin B12: 1.13µg (18.88%), Vitamin K: 18.6µg (17.72%), Vitamin B2: 0.25mg (14.54%), Calcium: 121.12mg (12.11%), Vitamin E: 1.77mg (11.8%), Vitamin C: 8.9mg (10.79%), Vitamin B5: 0.71mg (7.1%)