



## Buckwheat Soup with Porcini, Beef and Kale

 Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound stew beef cut into small cubes
- 8 cups beef stock
- 6 servings pepper black freshly grated
- 6 servings crusty bread and pecorino shaved
- 2 tablespoons evoo for drizzling
- 2 bay leaves fresh
- 4 cloves garlic chopped
- 4 ounces guanciale diced

- 1 bundle flat kale stemmed chopped
- 6 servings nutmeg whole
- 2 onions finely chopped
- 6 servings salt
- 2 tablespoons tomato paste
- 2 tablespoons worcestershire sauce
- 1 ounce a handful dried generous
- 1 cup kasha (buckwheat groats)

## Equipment

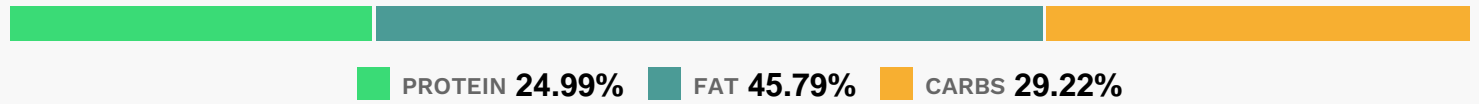
- bowl
- frying pan
- pot
- dutch oven

## Directions

- Watch how to make this recipe.
- Place the mushrooms and a couple of cups of beef stock in a small pot. Simmer to reconstitute the mushrooms.
- Boil 1 3/4 cups water in a saucepot, season with a little salt, add the kasha and stir. Cover and reduce heat to simmer. Cook until tender, 18 to 20 minutes.
- Drizzle with a little EVOO and cool. Store separately from the soup base until the soup is served, to avoid mushy buckwheat.
- In a soup pot or Dutch oven, heat 2 tablespoons EVOO, a couple of turns of the pan, and add the guanciale. Brown the guanciale and then remove. Pat the beef dry and sprinkle with salt and pepper. Brown over medium-high heat in the guanciale drippings and remove.
- Add the garlic, onions and bay and stir and cook to soften, 8 to 10 minutes.
- Add the kale and wilt, and season with a few grates nutmeg.
- Add the tomato paste and stir until fragrant, then add the Worcestershire, the remaining beef stock, beef and guanciale.

- Remove the mushrooms and chop, then add the mushroom and the mushroom stock to the soup. Cook partially covered until the beef is tender, about 1 hour. Cool and store.
- To serve, combine the kasha with the hot soup and serve in shallow bowls with bread and cheese curls.

## Nutrition Facts



### Properties

Glycemic Index:61.42, Glycemic Load:11.17, Inflammation Score:-8, Nutrition Score:23.69956547281%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

### Nutrients (% of daily need)

Calories: 475.46kcal (23.77%), Fat: 24.74g (38.07%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 30.71g (11.17%), Sugar: 5.25g (5.84%), Cholesterol: 67.12mg (22.37%), Sodium: 1157.66mg (50.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.77%), Vitamin B3: 10.91mg (54.56%), Selenium: 30.43µg (43.47%), Copper: 0.87mg (43.28%), Vitamin B6: 0.86mg (43.15%), Phosphorus: 401.98mg (40.2%), Vitamin B2: 0.63mg (37.19%), Potassium: 1229.71mg (35.13%), Zinc: 4.92mg (32.83%), Manganese: 0.62mg (31.13%), Magnesium: 124.17mg (31.04%), Vitamin B12: 1.4µg (23.31%), Iron: 3.88mg (21.54%), Fiber: 4.81g (19.23%), Vitamin B5: 1.78mg (17.84%), Vitamin B1: 0.26mg (17.53%), Vitamin K: 12.2µg (11.62%), Folate: 44.51µg (11.13%), Vitamin C: 7.2mg (8.72%), Vitamin E: 1.19mg (7.93%), Calcium: 75.36mg (7.54%), Vitamin A: 274.52IU (5.49%), Vitamin D: 0.18µg (1.23%)