

Cabbage Beef Soup



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



10

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 beef bouillon cubes
- ☐ 5 cups cabbage chopped
- ☐ 32 ounce kidney beans red drained canned
- ☐ 1 pound ground beef
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 large onion chopped
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 24 ounces tomato sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water

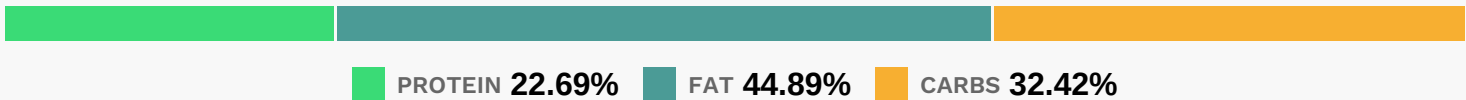
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Heat oil in a large stockpot over medium high heat.
- ☐ Add ground beef and onion, and cook until beef is well browned and crumbled.
- ☐ Drain fat, and transfer beef to a slow cooker.
- ☐ Add cabbage, kidney beans, water, tomato sauce, bouillon, cumin, salt, and pepper. Stir to dissolve bouillon, and cover.
- ☐ Cook on high setting for 4 hours, or on low setting for 6 to 8 hours. Stir occasionally. Enjoy!

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:6.35, Inflammation Score:-5, Nutrition Score:14.635652119699%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 245.17kcal (12.26%), Fat: 12.5g (19.23%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 13.4g (4.87%), Sugar: 5.78g (6.42%), Cholesterol: 32.27mg (10.76%), Sodium: 1211.19mg (52.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Vitamin K: 38.42µg (36.59%), Fiber: 6.91g (27.65%), Vitamin C: 18.88mg (22.88%), Manganese: 0.45mg (22.46%), Phosphorus: 202.89mg (20.29%), Potassium: 645.38mg (18.44%), Zinc: 2.71mg (18.06%), Iron: 3.1mg (17.24%), Vitamin B6: 0.34mg (17.16%), Vitamin

B12: 0.99µg (16.44%), Vitamin B3: 3.2mg (16%), Magnesium: 52.8mg (13.2%), Copper: 0.26mg (13.09%), Selenium: 8.82µg (12.6%), Folate: 49.94µg (12.48%), Vitamin B2: 0.19mg (11.37%), Vitamin B1: 0.16mg (10.81%), Vitamin E: 1.47mg (9.82%), Vitamin A: 333.98IU (6.68%), Calcium: 65.93mg (6.59%), Vitamin B5: 0.65mg (6.47%)