



Caraway Beef and Vegetable Soup

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon cut into 1/2-inch pieces
- ☐ 0.5 pound round steak boneless cut into 1/2-inch pieces
- ☐ 2 cups beef broth (from 32 oz carton)
- ☐ 14.5 ounces canned tomatoes diced undrained canned
- ☐ 2 cups water
- ☐ 0.3 cup chili sauce
- ☐ 0.5 teaspoon caraway seeds
- ☐ 2 cups cabbage coarsely chopped

- ☐ 1 cup bacon
- ☐ 0.3 cup quick-cooking barley

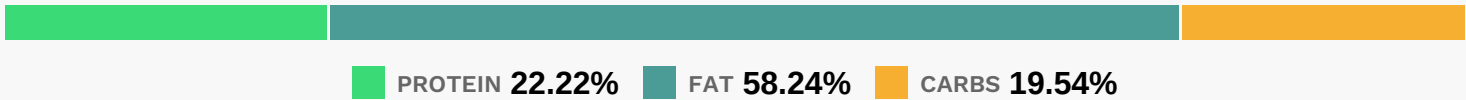
Equipment

- ☐ sauce pan

Directions

- ☐ Cook bacon in 3-quart saucepan over medium heat until crisp.
- ☐ Add beef; cook and stir about 5 minutes or until brown.
- ☐ Stir in broth, tomatoes, water, chili sauce and caraway seed.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 10 minutes.
- ☐ Stir in remaining ingredients. Simmer 15 to 20 minutes or until beef and barley are tender.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:22.173913209335%

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 482.46kcal (24.12%), Fat: 31.37g (48.26%), Saturated Fat: 10.48g (65.5%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 18.4g (6.69%), Sugar: 8.01g (8.9%), Cholesterol: 82.02mg (27.34%), Sodium: 1320.76mg (57.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.87%), Selenium: 36.81µg (52.58%), Vitamin B3: 9.87mg (49.33%), Vitamin B6: 0.83mg (41.72%), Vitamin K: 33.89µg (32.28%), Phosphorus: 322.39mg (32.24%), Vitamin C: 25.05mg (30.36%), Zinc: 3.92mg (26.13%), Vitamin B1: 0.39mg (25.9%), Vitamin B12: 1.51µg (25.11%), Potassium: 865.39mg (24.73%), Manganese: 0.44mg (22.01%), Fiber: 5.28g (21.13%), Iron: 3.68mg (20.46%), Copper: 0.38mg (18.87%), Magnesium: 63.5mg (15.87%), Vitamin B2: 0.27mg (15.82%), Vitamin E: 2.15mg (14.3%), Vitamin B5: 1.19mg (11.91%), Folate: 42.62µg (10.65%), Calcium: 83.3mg (8.33%), Vitamin A: 400.89IU (8.02%), Vitamin D: 0.34µg (2.25%)