



Cheesesteak Soup

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces processed cheese food sliced
- ☐ 2.5 pounds beef tenderloin cubed sliced lengthwise
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 6 servings combine everything in a bowl and chill for serving
- ☐ 0.3 cup canola oil
- ☐ 6 servings chives sliced
- ☐ 0.3 cup beef bouillon cube powder
- ☐ 2 cups flour all-purpose

- ☐ 2 tablespoons garlic powder
- ☐ 2 tablespoons kosher salt
- ☐ 1 tablespoon granulated onion powder
- ☐ 1 leaves parsley to garnish chopped
- ☐ 6 cups water

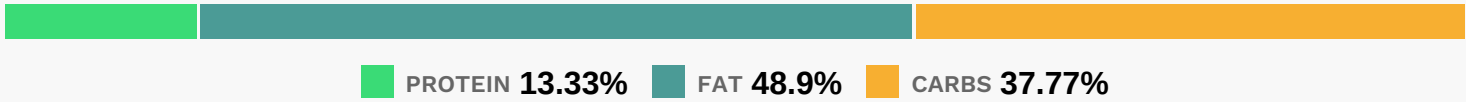
Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large stockpot or Dutch oven, heat oil.
- ☐ Add onions and saute for 2 to 3 minutes on high until fragrant and tender.
- ☐ In a large bowl, mix salt, pepper, flour, onion powder, and garlic powder together.
- ☐ Add meat to seasoned flour. Dredge to coat and add flour and meat to pot with onions. Cook until meat is lightly browned, stirring frequently for about 8 to 10 minutes.
- ☐ Add water and beef bouillon to pot and continue to cook and stir on high until soup begins to thicken. Bring to a boil. Turn heat off and add cheese. Cover the pot with a lid and allow the cheese to sit and melt.
- ☐ Pour into bread bowls and garnish with chives and parsley.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:23.56, Inflammation Score:-6, Nutrition Score:14.158695391987%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 408.55kcal (20.43%), Fat: 22.22g (34.19%), Saturated Fat: 7.79g (48.71%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 36.85g (13.4%), Sugar: 2.56g (2.85%), Cholesterol: 38.19mg (12.73%), Sodium: 5343.06mg (232.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Calcium: 426.4mg (42.64%), Selenium: 25.33µg (36.19%), Phosphorus: 326mg (32.6%), Vitamin B1: 0.37mg (24.74%), Manganese: 0.47mg (23.7%), Folate: 85.85µg (21.46%), Vitamin B2: 0.33mg (19.13%), Iron: 2.73mg (15.15%), Vitamin B3: 2.86mg (14.28%), Vitamin E: 1.99mg (13.28%), Vitamin K: 13.78µg (13.12%), Vitamin B12: 0.67µg (11.09%), Zinc: 1.43mg (9.5%), Vitamin A: 418.52IU (8.37%), Magnesium: 31.36mg (7.84%), Copper: 0.15mg (7.44%), Fiber: 1.76g (7.04%), Vitamin B6: 0.11mg (5.72%), Potassium: 190.73mg (5.45%), Vitamin B5: 0.41mg (4.06%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.11mg (1.34%)