



Chunky Beef and Vegetable Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



600 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb meaty crosscut beef shanks thick trimmed (also called beef shins; 2 inches)
- ☐ 0.3 teaspoon pepper black
- ☐ 14 oz canned tomatoes diced canned
- ☐ 3 carrots halved lengthwise
- ☐ 1 cup lima beans *soaked overnight dried picked over rinsed
- ☐ 2 garlic cloves chopped
- ☐ 0.3 lb green beans trimmed cut into 1-inch pieces
- ☐ 28 fl. oz. beef broth low-sodium

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 0.3 lb savoy cabbage coarsely chopped
- ☐ 12 cups water
- ☐ 1 lb yellow-fleshed potatoes such as yukon gold

Equipment

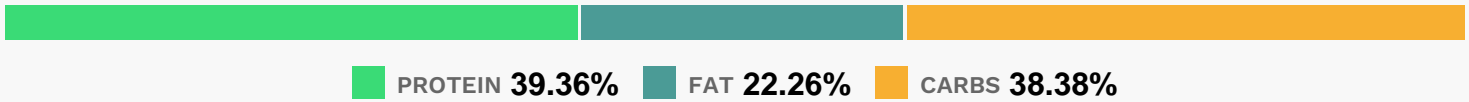
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ colander
- ☐ cutting board

Directions

- ☐ Soak beans in cold water to cover by 2 inches in a bowl at room temperature at least 8 hours, or quick-soak (see cooks' note, below).
- ☐ Drain in a colander.
- ☐ Pat shanks dry and sprinkle with pepper and 1 teaspoon salt.
- ☐ Heat oil in a wide 6- to 8-quart heavy pot over moderately high heat until hot but not smoking, then brown shanks (in batches if necessary), turning, about 6 minutes total, and transfer with tongs to a bowl.
- ☐ Cook onion in fat remaining in pot over moderate heat, stirring, until golden, about 5 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add browned meat along with any juices accumulated in bowl, carrots, 8 cups water, beef broth, and remaining 1/2 teaspoon salt and simmer, covered, until meat is very tender, about 1 1/2 hours.

- ☐ Remove shanks with a slotted spoon and transfer to a cutting board. When cool enough to handle, cut meat into 1-inch pieces, discarding bones, and return meat to soup.
- ☐ Meanwhile, simmer lima beans in remaining 4 cups water in a 4-quart saucepan, covered, until just tender, 20 to 30 minutes.
- ☐ Drain in colander.
- ☐ Peel potatoes and cut into 1-inch cubes, then add to soup with lima beans and tomatoes with their juice and simmer, covered, until potatoes are tender, about 15 minutes.
- ☐ Add cabbage and green beans and simmer, uncovered, until tender, about 5 minutes.
- ☐ · Beans can be soaked up to 12 hours. · To quick-soak beans: Cover beans with cold water by 2 inches in a 5- to 6-quart pot and bring to a boil, uncovered. Boil beans, uncovered, 2 minutes, then remove from heat and let stand, uncovered, 1 hour. · Soup is best when made 1 day ahead (to give flavors time to develop). Cool completely, uncovered, then chill, covered. Reheat and, if necessary, thin with water. · Cooled soup can be frozen in an airtight container 1 month.

Nutrition Facts



Properties

Glycemic Index:40.66, Glycemic Load:11.59, Inflammation Score:-10, Nutrition Score:28.148260987323%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 313.28kcal (15.66%), Fat: 7.76g (11.94%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 22.8g (8.29%), Sugar: 5g (5.56%), Cholesterol: 39.8mg (13.27%), Sodium: 736.78mg (32.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.86g (61.72%), Vitamin A: 4062.97IU (81.26%), Vitamin B12: 3.4µg (56.64%), Zinc: 8.08mg (53.88%), Vitamin B6: 0.87mg (43.57%), Potassium: 1391.3mg (39.75%), Vitamin B3: 7.2mg (35.98%), Phosphorus: 352.21mg (35.22%), Folate: 129.08µg (32.27%), Manganese: 0.61mg (30.39%), Fiber: 7.29g (29.15%), Selenium: 20.28µg (28.97%), Iron: 4.83mg (26.85%), Vitamin C: 20.26mg (24.56%), Magnesium: 93.16mg (23.29%), Vitamin K: 23.58µg (22.45%), Vitamin B1: 0.31mg (20.47%), Copper: 0.39mg (19.74%), Vitamin

B2: 0.33mg (19.17%), Vitamin B5: 0.98mg (9.76%), Calcium: 79.89mg (7.99%), Vitamin E: 0.91mg (6.05%)