



Chunky Vegetable Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 42 oz beef broth low-sodium canned
- ☐ 14.5 oz canned tomatoes diced sweet with onion canned
- ☐ 2 pounds ground beef
- ☐ 87 oz vegetables mixed with potatoes, rinsed and drained canned
- ☐ 43.5 oz new potatoes diced rinsed drained canned
- ☐ 15 oz peas sweet with mushrooms and pearl onions, rinsed and drained canned
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 1 small onion sweet chopped
- ☐ 52 oz tomatoes

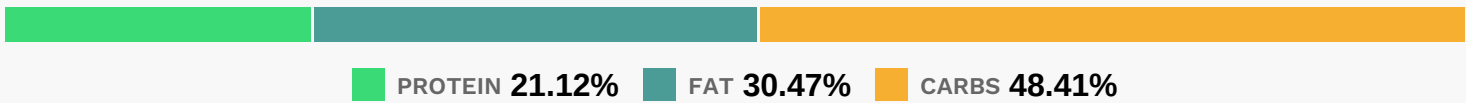
Equipment

- ☐ dutch oven

Directions

- ☐ Cook ground chuck and onion, in batches, in a large Dutch oven over medium-high heat, stirring until meat crumbles and is no longer pink.
- ☐ Drain well, and return to Dutch oven. Stir in salt, pepper, and beef broth; bring to a boil.
- ☐ Stir in mixed vegetables and remaining ingredients. Bring to a boil; cover, reduce heat, and simmer at least 20 minutes or until thoroughly heated.
- ☐ Note: For testing purposes only, we used Classico Organic Tomato, Herbs & Spices Pasta Sauce.

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:30.53, Inflammation Score:-10, Nutrition Score:38.760434922965%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg

Nutrients (% of daily need)

Calories: 567.06kcal (28.35%), Fat: 20.17g (31.03%), Saturated Fat: 7.33g (45.82%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 55.48g (20.18%), Sugar: 11.48g (12.76%), Cholesterol: 64.41mg (21.47%), Sodium: 1392.33mg (60.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.91%), Vitamin A: 13255.32IU (265.11%), Vitamin C: 68.78mg (83.37%), Fiber: 16.62g (66.47%), Potassium: 2186.26mg (62.46%), Vitamin B6: 1.19mg (59.7%), Manganese: 1.13mg (56.29%), Vitamin B3: 10.28mg (51.4%), Phosphorus: 433.53mg (43.35%), Iron: 7.2mg (40.01%), Zinc: 5.81mg (38.75%), Vitamin B1: 0.54mg (35.87%), Magnesium: 140.72mg (35.18%), Copper: 0.7mg (34.96%),

Folate: 131.93µg (32.98%), Vitamin B12: 1.94µg (32.36%), Vitamin B2: 0.52mg (30.52%), Selenium: 16.48µg (23.54%),
Vitamin E: 3.04mg (20.25%), Vitamin B5: 1.88mg (18.78%), Calcium: 144.39mg (14.44%), Vitamin K: 10.72µg (10.21%)