



Cozy Cottage Beef Stew Soup

 Dairy Free

READY IN



380 min.

SERVINGS



8

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 21 ounce beef consomme canned
- 0.8 pound beef stew meat cut into 1 inch cubes
- 8 ounce tomato sauce canned
- 14.5 ounce canned tomatoes crushed canned
- 2 carrots finely chopped
- 1 large stalk celery minced
- 0.3 teaspoon marjoram dried

- 0.5 teaspoon thyme leaves dried
- 29 ounce chicken broth fat-free canned
- 0.5 cup flour all-purpose
- 8 ounces mushrooms fresh coarsely chopped
- 3 cloves garlic minced
- 0.3 pound green beans cut into 1 inch pieces
- 0.5 teaspoon ground pepper black
- 2 onions diced
- 3 potatoes diced peeled

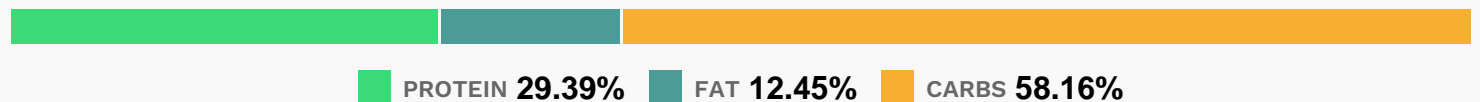
Equipment

- slow cooker

Directions

- In a slow cooker, combine beef, onions, garlic, celery, carrots, green beans, mushrooms, and potatoes.
- Pour in the tomatoes and tomato sauce. Season with bay leaf, pepper, thyme, and marjoram. Stir together chicken broth and flour.
- Pour chicken broth mixture and beef consomme into slow cooker, and stir.
- Cover, and cook on Low 6 to 10 hours.
- Remove bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:60.95, Glycemic Load:17.76, Inflammation Score:-9, Nutrition Score:21.336521723996%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin:

1.38mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 213.26kcal (10.66%), Fat: 3.05g (4.69%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 26.88g (9.78%), Sugar: 7.1g (7.89%), Cholesterol: 26.37mg (8.79%), Sodium: 948.66mg (41.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.36%), Vitamin A: 2920.95IU (58.42%), Vitamin B6: 0.77mg (38.39%), Vitamin B3: 7.59mg (37.93%), Vitamin C: 28.34mg (34.36%), Selenium: 21µg (30%), Potassium: 1032.01mg (29.49%), Phosphorus: 237.54mg (23.75%), Manganese: 0.47mg (23.74%), Vitamin B2: 0.37mg (21.52%), Copper: 0.41mg (20.57%), Fiber: 5.14g (20.57%), Iron: 3.6mg (19.98%), Vitamin B1: 0.28mg (18.7%), Vitamin B12: 1.06µg (17.59%), Zinc: 2.57mg (17.14%), Vitamin K: 17.45µg (16.61%), Folate: 65.11µg (16.28%), Magnesium: 59.55mg (14.89%), Vitamin B5: 1.38mg (13.85%), Vitamin E: 1.39mg (9.24%), Calcium: 73.44mg (7.34%)