



## Creamy Beef, Mushroom and Noodle Soup

READY IN



60 min.

SERVINGS



7

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 0.5 cup onion coarsely chopped
- 2 teaspoons garlic finely chopped
- 8 oz mushrooms fresh sliced (3 cups)
- 1.5 pounds beef top sirloin steaks boneless cut into 2x 3/4x 1/4-inch pieces
- 6 cups beef broth flavored (from two 32-oz cartons)
- 0.5 cup sherry dry flavored (from 32-oz carton)
- 0.3 cup catsup
- 0.8 teaspoon salt

- 0.1 teaspoon pepper
- 2 cups extra wide egg noodles uncooked
- 8 oz cream sour

## Equipment

- dutch oven

## Directions

- In 5- to 6-quart Dutch oven, melt butter over medium-high heat.
- Add onion, garlic and mushrooms; cook 5 to 6 minutes, stirring frequently, until mushrooms are softened.
- Stir in beef. Cook 5 to 6 minutes, stirring frequently, until beef is no longer pink. Stir in remaining ingredients except noodles and sour cream.
- Heat to boiling. Reduce heat to medium-low; cover and cook 10 minutes, stirring occasionally. Stir in noodles. Cover; cook 5 to 7 minutes, stirring occasionally, until noodles are tender.
- Stir in sour cream. Cook 3 to 5 minutes, stirring frequently, until well blended.

## Nutrition Facts



**PROTEIN 37.48%** **FAT 42.76%** **CARBS 19.76%**

## Properties

Glycemic Index:25.71, Glycemic Load:3.87, Inflammation Score:-5, Nutrition Score:16.439565083255%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

## Nutrients (% of daily need)

Calories: 308.22kcal (15.41%), Fat: 14.02g (21.56%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 13.65g (4.96%), Sugar: 4.43g (4.93%), Cholesterol: 85.58mg (28.53%), Sodium: 1199.72mg (52.16%), Alcohol: 1.77g (100%), Alcohol %: 0.53% (100%), Protein: 27.64g (55.28%), Selenium: 44.4µg (63.43%), Vitamin B3: 9.48mg (47.41%), Vitamin B6: 0.75mg (37.42%), Phosphorus: 321.4mg (32.14%), Zinc: 4.44mg (29.58%), Vitamin B2: 0.38mg (22.16%), Potassium: 686.69mg (19.62%), Vitamin B12: 1.17µg (19.57%), Vitamin B5: 1.4mg (14.04%), Iron: 2.43mg (13.48%), Copper: 0.23mg (11.58%), Magnesium: 43.3mg (10.82%), Manganese: 0.21mg (10.28%), Vitamin B1: 0.14mg (9.16%), Calcium: 79.74mg (7.97%), Vitamin A: 396.13IU (7.92%), Folate: 30.54µg (7.63%), Vitamin E: 0.69mg (4.61%), Fiber: 0.93g (3.72%), Vitamin C: 2.44mg (2.96%), Vitamin K: 2.05µg (1.96%)