



 **65%**
HEALTH SCORE

Easy Vegetable Beef Soup

 Dairy Free  Very Healthy

READY IN



150 min.

SERVINGS



8

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lbs beef short ribs boneless
- 0.5 cup elbow macaroni uncooked
- 16 cups water
- 28 oz canned tomatoes diced canned
- 1 cup potatoes diced
- 1 cup carrots sliced thin
- 1 cup celery sliced thin
- 1.5 cups onion chopped

- 15 oz regular corn uncooked ()
- 15 oz butter beans canned
- 15 oz blackeyed peas black canned
- 2 bay leaves
- 1 Tbsp garlic powder
- 1 tsp celery salt
- 1 Tbsp worcestershire sauce
- 1 Tbsp salt
- 1 Tbsp pepper fresh
- 1 Tbsp seasoning italian
- 2 beef bouillon cubes
- 2 Tbsp parsley dried fresh

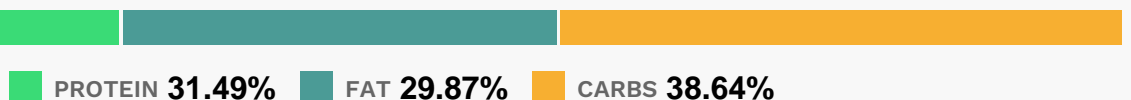
Equipment

- pot

Directions

- To get started, bring 4 quarts of water to a boil in a large pot.
- While waiting on the water to boil, cut the beef short ribs into bite-sized pieces and add them to the water.
- Add in diced tomatoes, potatoes, diced onion, parsley, garlic powder, beef bouillon cubes, Italian seasoning, salt, pepper, Worcestershire sauce, celery salt, bay leaves, and stir.
- Then add carrots, celery, black-eyed peas, butter beans, corn, and macaroni.
- Heat on high, stirring occasionally until the stew mixture comes to a boil.
- Once you have reached a boil, cover with a lid, lower heat enough to keep it simmering. Continue to simmer for 1.5 to 2 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:50.26, Glycemic Load:17.23, Inflammation Score:-10, Nutrition Score:39.601304347826%

Flavonoids

Apigenin: 18.38mg, Apigenin: 18.38mg, Apigenin: 18.38mg, Apigenin: 18.38mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 565.84kcal (28.29%), Fat: 19.15g (29.46%), Saturated Fat: 7.71g (48.17%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 43.89g (15.96%), Sugar: 11.62g (12.91%), Cholesterol: 100.4mg (33.47%), Sodium: 1904.11mg (82.79%), Protein: 45.43g (90.85%), Vitamin B12: 5.78µg (96.27%), Zinc: 10.21mg (68.04%), Vitamin A: 3117.6IU (62.35%), Vitamin B6: 1.18mg (58.99%), Phosphorus: 579.38mg (57.94%), Manganese: 1.12mg (56.07%), Selenium: 35.44µg (50.63%), Folate: 194.97µg (48.74%), Iron: 8.57mg (47.61%), Fiber: 11.86g (47.45%), Potassium: 1600.86mg (45.74%), Vitamin B3: 9.11mg (45.53%), Copper: 0.74mg (37.23%), Magnesium: 148.04mg (37.01%), Vitamin B1: 0.49mg (32.51%), Vitamin B2: 0.45mg (26.5%), Vitamin C: 21.81mg (26.43%), Vitamin K: 23.39µg (22.28%), Vitamin B5: 1.86mg (18.57%), Calcium: 131.89mg (13.19%), Vitamin E: 1.76mg (11.75%)