



Easy Vegetable-Beef Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 lb ground beef 80% lean (at least)
- 1 cup onion chopped
- 5 cloves garlic finely chopped
- 1 teaspoon seasoning italian
- 0.5 teaspoon pepper
- 3 cups beef broth (from 32-oz carton)
- 16 oz savory vegetable mixed frozen

14.5 oz canned tomatoes diced organic undrained canned

8 oz tomato sauce canned

Equipment

bowl

ladle

dutch oven

Directions

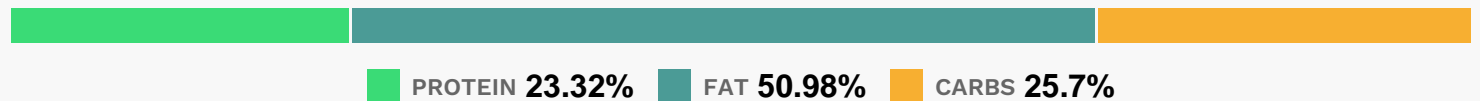
In 5-quart Dutch oven, heat oil over medium-high heat.

Add beef, onions and garlic. Cook 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

Stir remaining ingredients into beef mixture in Dutch oven.

Heat to boiling over high heat; reduce heat. Cover; simmer 20 minutes, stirring occasionally, until hot. Ladle soup into 6 bowls.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:6.08, Inflammation Score:-10, Nutrition Score:20.294347887454%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 315.53kcal (15.78%), Fat: 18.41g (28.32%), Saturated Fat: 6.42g (40.1%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 15.3g (5.56%), Sugar: 5.53g (6.15%), Cholesterol: 53.68mg (17.89%), Sodium: 803.79mg (34.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.94g (37.89%), Vitamin A: 4157.21IU (83.14%), Vitamin B3: 6.36mg (31.78%), Vitamin B12: 1.7µg (28.36%), Vitamin B6: 0.54mg (26.78%), Zinc: 3.85mg (25.69%), Manganese: 0.48mg (24.2%), Vitamin C: 19.57mg (23.72%), Potassium: 797.56mg (22.79%), Phosphorus: 224.09mg

(22.41%), Fiber: 5.58g (22.33%), Iron: 3.88mg (21.56%), Selenium: 13.63µg (19.47%), Vitamin B2: 0.27mg (16.09%),
Copper: 0.31mg (15.37%), Magnesium: 57.24mg (14.31%), Vitamin B1: 0.21mg (13.71%), Vitamin E: 1.97mg (13.11%),
Vitamin K: 12.71µg (12.11%), Folate: 47.88µg (11.97%), Vitamin B5: 0.89mg (8.87%), Calcium: 85.01mg (8.5%)