



Garden Fresh Vegetable Beef Soup

 Dairy Free

READY IN



390 min.

SERVINGS



14

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 teaspoons beef bouillon granules
- ☐ 1.5 pounds beef stew meat trimmed
- ☐ 32 ounce carton beef stock
- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 4 carrots sliced into circles
- ☐ 1 cup celery chopped

- ☐ 0.5 teaspoon chili powder
- ☐ 3 tablespoons parsley dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups corn kernels fresh
- ☐ 2 cups green beans fresh cut into bite-sized pieces
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup peas sweet
- ☐ 4 potatoes cut into large dice
- ☐ 1 teaspoon thyme leaves
- ☐ 3 tablespoons vegetable oil
- ☐ 4 cups water hot
- ☐ 1 onion diced yellow

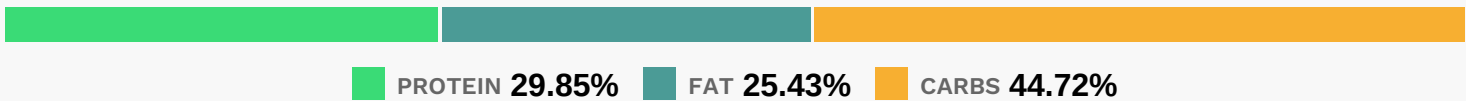
Equipment

- ☐ pot

Directions

- ☐ Heat vegetable oil in a large stockpot over medium heat.
- ☐ Put flour into a wide, shallow dish. Dredge beef chunks in flour to coat.
- ☐ Cook beef in hot oil until completely browned, 3 to 5 minutes.
- ☐ Add beef stock, hot water, green beans, tomato sauce, stewed tomatoes, carrots, potatoes, corn, celery, onion, peas, beef bouillon granules, parsley, bay leaves, thyme, chili powder, and black pepper to stockpot; stir, place a cover on the stockpot, and reduce heat to medium-low.
- ☐ Cook soup at a simmer, stirring periodically, for about 6 hours.

Nutrition Facts



Properties

Glycemic Index:36.78, Glycemic Load:10.77, Inflammation Score:-10, Nutrition Score:19.14695627793%

Flavonoids

Apigenin: 19.51mg, Apigenin: 19.51mg, Apigenin: 19.51mg, Apigenin: 19.51mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 206.19kcal (10.31%), Fat: 6.01g (9.25%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 19.45g (7.07%), Sugar: 6.35g (7.06%), Cholesterol: 30.15mg (10.05%), Sodium: 507.23mg (22.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.75%), Vitamin A: 3354.69IU (67.09%), Vitamin B6: 0.7mg (34.92%), Vitamin B3: 5.99mg (29.94%), Vitamin C: 24.47mg (29.66%), Vitamin K: 28.13µg (26.79%), Potassium: 910.03mg (26%), Selenium: 15.75µg (22.5%), Phosphorus: 217.17mg (21.72%), Manganese: 0.37mg (18.73%), Zinc: 2.74mg (18.25%), Fiber: 4.33g (17.32%), Iron: 2.93mg (16.3%), Vitamin B2: 0.26mg (15.16%), Vitamin B12: 0.9µg (15.08%), Vitamin B1: 0.22mg (14.84%), Magnesium: 59.07mg (14.77%), Copper: 0.29mg (14.72%), Folate: 49.42µg (12.35%), Vitamin E: 1.49mg (9.91%), Vitamin B5: 0.81mg (8.08%), Calcium: 62.49mg (6.25%)