






 **26%**
HEALTH SCORE

Hearty Meaty Fall Soup

 **Gluten Free**

READY IN

45 min.

SERVINGS

8

CALORIES

607 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 carrots chopped (how you like them)
- 1 lb ground beef
- 3 ground sausage italian (out of casing)
- 1 onion sweet chopped ()
- 4 cloves garlic chopped ()
- 2 cups portabello mushrooms cut in quarters)
- 4 cups beef stock organic
- 0.8 cup red wine (I used a zinfandel)

- 4 cups water
- 0.8 cup lentils french
- 5 stalks swiss chard (cut in quarters)
- 1 handful arugula mixed fresh
- 8 servings pepper red crushed
- 5 strips bacon chopped (in tiny bits)
- 1 beef (adds HUGE flavor)
- 8 servings parmesan fresh grated (for plating)
- 8 servings parsley fresh chopped (for plating)

Equipment

- baking sheet
- oven
- pot
- spatula

Directions

- Heat the oven to 400 degrees. Toss the mushrooms in a drizzle of olive oil and lay out on a baking sheet. Set them in the oven for 20-30 minutes till nicely roasted.
- In a large pot on high, render the bacon and onion till bacon is nicely crisp and onion is translucent.
- Add the sprinkling of red pepper and garlic, followed by the beef and sausage, breaking up with a large spatula. I chose not to break mine up too much as I liked the larger bits of meat. Turn and coat the meat with the onions and bacon till browned but not cooked through. As meat begins to brown, add the wine, I like to let the wine cook and bubble for about a minute to evaporate a bit. Next, add the lentils, carrots, beef stock, water and parmigiano rind. Cover the pot and set to a low simmer for 40 minutes (stirring every 10 minutes). Lastly, add the mushrooms, swiss chard, spinach and arugula. Stir and get ready to enjoy!
- I like to serve mine with a bit more grated parmigiano and some fresh chopped parsley.

Nutrition Facts



■ PROTEIN 25.48% ■ FAT 59.05% ■ CARBS 15.47%

Properties

Glycemic Index:28.48, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:31.685217391304%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 2.03mg, Myricetin: 2.03mg, Myricetin: 2.03mg, Myricetin: 2.03mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Taste

Sweetness: 24.68%, Saltiness: 100%, Sourness: 20%, Bitterness: 30.26%, Savoriness: 44.12%, Fattiness: 57.01%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 606.65kcal (30.33%), Fat: 38.57g (59.34%), Saturated Fat: 15.97g (99.82%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 14.66g (5.33%), Sugar: 5.17g (5.75%), Cholesterol: 101.74mg (33.91%), Sodium: 1276.99mg (55.52%), Alcohol: 2.46g (13.64%), Protein: 37.46g (74.91%), Vitamin K: 323.25µg (307.86%), Vitamin A: 5611.69IU (112.23%), Selenium: 35.02µg (50.02%), Phosphorus: 480.07mg (48.01%), Calcium: 446.16mg (44.62%), Vitamin B3: 7.04mg (35.21%), Vitamin B12: 2.04µg (33.96%), Fiber: 8.07g (32.3%), Vitamin B6: 0.64mg (32.08%), Zinc: 4.8mg (32%), Vitamin B2: 0.47mg (27.83%), Vitamin B1: 0.42mg (27.77%), Iron: 4.99mg (27.72%), Potassium: 902.91mg (25.8%), Vitamin C: 19.8mg (24%), Magnesium: 76.36mg (19.09%), Copper: 0.34mg (17.01%), Manganese: 0.29mg (14.45%), Vitamin E: 1.86mg (12.37%), Vitamin B5: 1.14mg (11.44%), Folate: 43.58µg (10.9%), Vitamin D: 0.33µg (2.18%)