



Hobo Ground Beef and Vegetable Soup



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 32 fluid ounce beef broth
- ☐ 15 ounce peas drained canned
- ☐ 14 ounce tomato sauce canned
- ☐ 3 carrots cut into bite-size pieces
- ☐ 1 large stalk celery cut into bite-size pieces
- ☐ 0.5 teaspoon celery seed
- ☐ 1.5 tablespoons parsley fresh chopped

- ☐ 1 clove garlic minced
- ☐ 15 ounce green beans drained canned
- ☐ 1 pound ground sirloin beef
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 2 potatoes peeled cut into bite-size pieces
- ☐ 15.3 ounce kernel corn whole drained canned

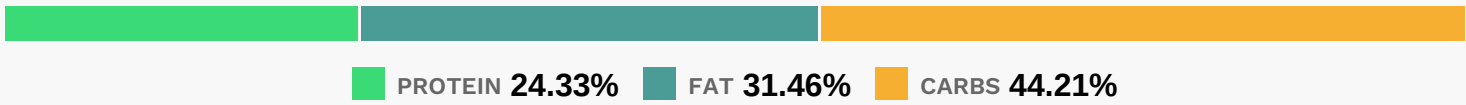
Equipment

- ☐ slow cooker

Directions

- ☐ Stir beef broth, ground sirloin, corn, green beans, peas, tomato sauce, carrots, potatoes, onion, celery, garlic, parsley, celery seed, and bay leaves together in a slow cooker.
- ☐ Cook on Low for 4 hours. Check for moisture and add broth as needed. Continue cooking another 4 hours. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:62.43, Glycemic Load:13.07, Inflammation Score:-10, Nutrition Score:29.75130437768%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 383.97kcal (19.2%), Fat: 13.64g (20.99%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 34.91g (12.69%), Sugar: 9.87g (10.96%), Cholesterol: 51.41mg (17.14%), Sodium: 1238.44mg (53.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.49%), Vitamin A: 7091.IIU (141.82%),

Vitamin K: 73.13µg (69.65%), Vitamin C: 39.03mg (47.31%), Vitamin B3: 8.31mg (41.57%), Vitamin B6: 0.78mg (38.95%), Potassium: 1275.29mg (36.44%), Manganese: 0.66mg (33.1%), Phosphorus: 330.23mg (33.02%), Fiber: 8.24g (32.96%), Zinc: 4.77mg (31.79%), Vitamin B12: 1.75µg (29.18%), Iron: 5.16mg (28.67%), Folate: 101.04µg (25.26%), Magnesium: 90.36mg (22.59%), Selenium: 15.27µg (21.81%), Vitamin B2: 0.35mg (20.37%), Copper: 0.38mg (18.81%), Vitamin B1: 0.26mg (17.63%), Vitamin B5: 1.23mg (12.26%), Vitamin E: 1.79mg (11.92%), Calcium: 104.92mg (10.49%)