



Hungarian Beef-and-Potato Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups beef broth low-sodium homemade canned
- 1.3 teaspoons caraway seeds
- 0.3 teaspoon cayenne
- 1 teaspoon marjoram dried
- 2 tablespoons flour
- 1 bell pepper green chopped
- 1 pound ground beef
- 1 large onion chopped

- 2 tablespoons paprika
- 1 pound potatoes boiling peeled cut into 1/2-inch cubes (3)
- 1.3 teaspoons salt
- 1 tablespoon tomato paste
- 3 cups water

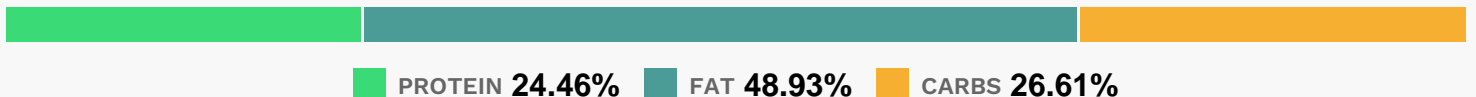
Equipment

- pot

Directions

- Set a large pot over moderate heat.
- Add the ground beef and cook, stirring to break it up, until the meat is no longer pink, about 2 minutes.
- Reduce the heat to moderately low.
- Add the onion and bell pepper and cook, stirring occasionally, until the vegetables start to soften, about 10 minutes. Stir in the flour. Cook, stirring, for 1 minute.
- Add the potatoes, paprika, cayenne, marjoram, caraway seeds, salt, tomato paste, broth, and water. Bring to a boil. Reduce the heat and simmer until the potatoes are tender, about 10 minutes.
- Variation:: Use one cup of wide egg noodles instead of the potatoes. You'll only need to simmer the soup for about five minutes, since the noodles don't take quite as long to cook.
- Wine Recommendation: France's southern Rhne is one of the world's treasure troves of red-wine values. Seek out a sturdy, spicy Ctes-du-Rhne-Villages or, if you can find one, a Vacqueyras. Their roasted raspberry flavors will complement the soup well.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:3.31, Inflammation Score:-9, Nutrition Score:22.238695797713%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 428.96kcal (21.45%), Fat: 23.55g (36.23%), Saturated Fat: 8.87g (55.42%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 23.98g (8.72%), Sugar: 4.64g (5.16%), Cholesterol: 80.51mg (26.84%), Sodium: 1198.58mg (52.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.97%), Vitamin C: 37.59mg (45.57%), Potassium: 1424.81mg (40.71%), Vitamin B12: 2.43µg (40.45%), Vitamin A: 1959.95IU (39.2%), Vitamin B6: 0.76mg (38.08%), Zinc: 5.48mg (36.52%), Vitamin B3: 7.01mg (35.07%), Phosphorus: 287.52mg (28.75%), Selenium: 19.56µg (27.94%), Iron: 4.38mg (24.33%), Fiber: 4.84g (19.36%), Manganese: 0.36mg (18.15%), Vitamin B2: 0.29mg (17.22%), Copper: 0.34mg (16.79%), Magnesium: 63.37mg (15.84%), Vitamin B1: 0.22mg (14.74%), Vitamin E: 1.84mg (12.27%), Folate: 47.77µg (11.94%), Vitamin B5: 1.07mg (10.71%), Vitamin K: 11.21µg (10.68%), Calcium: 64.13mg (6.41%)