



Mama's Mexican Minestrone

READY IN



55 min.

SERVINGS



16

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green canned
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 medium size bell pepper green chopped
- ☐ 6.8 cups beef broth low-sodium
- ☐ 1 small onion chopped
- ☐ 0.8 cup parmesan cheese shredded

- ☐ 7 ounce fideos pasta
- ☐ 1.3 pounds rump steak boneless 1-inch-thick
- ☐ 1.3 ounce taco seasoning
- ☐ 2 cups baby squash yellow chopped

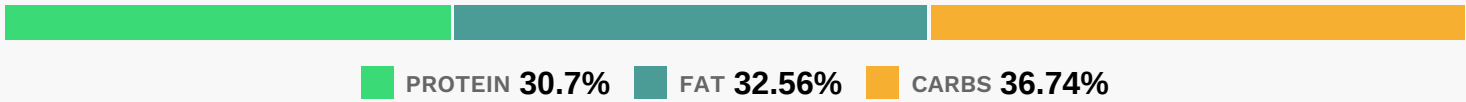
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Spread pasta in a single layer in a 15- x 10-inch jelly-roll pan.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly browned, stirring once. Set aside.
- ☐ Cut beef into 1/4-inch-thick strips; cut each strip into 1-inch pieces. Coat with taco seasoning mix.
- ☐ Cook beef, onion, and bell pepper in a Dutch oven coated with cooking spray over medium heat, stirring often, 6 to 8 minutes or until beef is browned.
- ☐ Add garlic, and saut 1 minute. Stir in basil; cook, stirring constantly, 30 seconds.
- ☐ Add toasted pasta, broth, and next 3 ingredients. Bring mixture to a boil over medium-high heat, stirring occasionally. Reduce heat to low, and simmer, stirring occasionally, 8 to 10 minutes or until pasta is almost tender. Stir in spinach.
- ☐ Sprinkle each serving with shredded Parmesan cheese.
- ☐ *7 ounces angel hair or vermicelli pasta broken into 1-inch pieces may be substituted for fideos pasta.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:5.73, Inflammation Score:-8, Nutrition Score:13.157826088045%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 188.54kcal (9.43%), Fat: 6.88g (10.58%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 14.36g (5.22%), Sugar: 2.69g (2.99%), Cholesterol: 23.03mg (7.68%), Sodium: 559.75mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.17%), Vitamin K: 54.71µg (52.11%), Vitamin A: 1328.07IU (26.56%), Selenium: 15.35µg (21.93%), Manganese: 0.37mg (18.35%), Vitamin B12: 1.04µg (17.36%), Phosphorus: 164.71mg (16.47%), Potassium: 576.08mg (16.46%), Vitamin C: 11.68mg (14.16%), Vitamin B6: 0.27mg (13.72%), Fiber: 3.1g (12.38%), Zinc: 1.79mg (11.96%), Iron: 1.99mg (11.08%), Vitamin B3: 2.03mg (10.15%), Folate: 39.92µg (9.98%), Magnesium: 39.02mg (9.76%), Vitamin B2: 0.16mg (9.22%), Calcium: 88.88mg (8.89%), Copper: 0.16mg (8.18%), Vitamin B1: 0.11mg (7.33%), Vitamin E: 0.5mg (3.33%), Vitamin B5: 0.31mg (3.09%)