



Navy Bean Soup With Sirloin Tips



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon brown sugar
- ☐ 15 ounce navy beans canned
- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 1 stalk celery chopped
- ☐ 5 cloves garlic minced
- ☐ 1 tablespoon ground cumin
- ☐ 2 tablespoons olive oil

- ☐ 1 onion chopped
- ☐ 1 tablespoon pepper sauce hot
- ☐ 2 potatoes diced peeled
- ☐ 1.5 teaspoons pepper flakes red crushed
- ☐ 0.5 cup red wine
- ☐ 1 pound sirloin tips cubed
- ☐ 6 ounce tomato paste canned

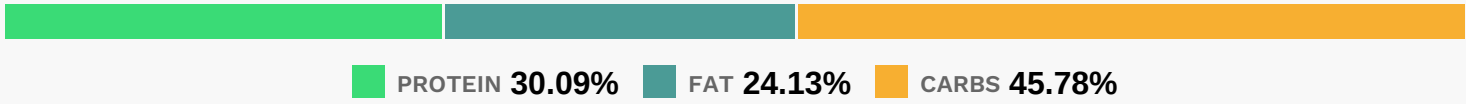
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large stock pot, brown sirloin, celery, onion, and garlic in olive oil until onions are translucent.
- ☐ Add wine, bay leaf, tomatoes, tomato paste, cumin, red pepper flakes, sugar, potatoes, and hot pepper sauce. Bring the mixture to a rapid boil, and then reduce heat. Continue to cook for 30 minutes, or until meat is tender. Stir occasionally to keep meat from sticking to the pan.
- ☐ Stir in navy beans, and heat through.
- ☐ Serve hot, garnished with parsley and cilantro.

Nutrition Facts



Properties

Glycemic Index:33.59, Glycemic Load:8.96, Inflammation Score:-6, Nutrition Score:17.673912976099%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg,

Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg
Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg,
Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg,
Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg
Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin:
0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol:
0.54mg, Kaempferol: 0.54mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:
3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 261.23kcal (13.06%), Fat: 6.87g (10.57%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 29.35g (9.78%),
Net Carbohydrates: 23.41g (8.51%), Sugar: 5.31g (5.9%), Cholesterol: 34.59mg (11.53%), Sodium: 432.6mg (18.81%),
Alcohol: 1.59g (100%), Alcohol %: 0.71% (100%), Protein: 19.29g (38.58%), Vitamin B6: 0.74mg (36.78%), Vitamin B3:
6.14mg (30.71%), Manganese: 0.54mg (26.95%), Selenium: 18.68µg (26.68%), Phosphorus: 259.35mg (25.93%),
Vitamin C: 21.07mg (25.54%), Potassium: 883.08mg (25.23%), Fiber: 5.93g (23.74%), Iron: 4.08mg (22.64%), Zinc:
3.25mg (21.66%), Copper: 0.38mg (18.87%), Magnesium: 73.5mg (18.38%), Folate: 63.91µg (15.98%), Vitamin B1:
0.23mg (15.25%), Vitamin E: 2.27mg (15.16%), Vitamin B12: 0.67µg (11.25%), Vitamin K: 11.62µg (11.06%), Vitamin B2:
0.17mg (9.89%), Calcium: 92.42mg (9.24%), Vitamin B5: 0.89mg (8.86%), Vitamin A: 315.99IU (6.32%)