



 **58%**
HEALTH SCORE

Old-Fashioned Beef-Vegetable Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



240 min.

SERVINGS



14

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb beef shanks cut into 3-inch pieces
- 10 cups water
- 3 tablespoons beef bouillon from cube instant
- 1.5 teaspoons salt
- 0.5 teaspoon pepper
- 0.5 teaspoon thyme leaves dried
- 2 bay leaves dried
- 4 cups vegetable juice

- 3 cups potatoes cubed (3 medium)
- 3 cups cabbage coarsely chopped
- 2 cups onion whole frozen (from 16-oz bag)
- 2 cups rutabaga cubed peeled ()
- 2 cups green beans frozen (from 1-lb bag)
- 2 cups carrots sliced
- 1.5 cups celery stalks sliced

Equipment

- dutch oven

Directions

- In 8-quart stockpot or Dutch oven, place beef bones and water.
- Heat to boiling. Reduce heat; cover and simmer 30 minutes. Skim off and discard any residue that rises to surface.
- Stir in bouillon, salt, pepper, thyme and bay leaves. Return to boiling. Reduce heat; cover and simmer 2 to 2 1/2 hours longer or until meat is tender.
- Remove beef bones and bay leaves from broth. Skim and discard fat from broth. When bones are cool enough to handle, remove meat from bones; cut into bite-size pieces.
- Return meat to broth. Stir in all remaining ingredients.
- Heat to boiling. Reduce heat; cover and simmer 30 minutes or until vegetables are tender.

Nutrition Facts



PROTEIN 38.86% **FAT 13.99%** **CARBS 47.15%**

Properties

Glycemic Index:33.68, Glycemic Load:9.29, Inflammation Score:-10, Nutrition Score:18.488260953323%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg

Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 158.51kcal (7.93%), Fat: 2.46g (3.79%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 14.77g (5.37%), Sugar: 6.49g (7.21%), Cholesterol: 22.74mg (7.58%), Sodium: 456.71mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Vitamin A: 3802IU (76.04%), Vitamin C: 44.97mg (54.5%), Vitamin B12: 1.94µg (32.4%), Zinc: 4.41mg (29.38%), Vitamin B6: 0.53mg (26.46%), Vitamin K: 24.86µg (23.68%), Potassium: 791.49mg (22.61%), Vitamin B3: 4.38mg (21.9%), Phosphorus: 181.33mg (18.13%), Selenium: 10.94µg (15.63%), Fiber: 3.91g (15.63%), Iron: 2.39mg (13.27%), Manganese: 0.24mg (12.02%), Vitamin B2: 0.2mg (11.6%), Vitamin B1: 0.16mg (10.63%), Folate: 39.55µg (9.89%), Magnesium: 35.93mg (8.98%), Copper: 0.16mg (7.98%), Calcium: 70.3mg (7.03%), Vitamin B5: 0.54mg (5.43%), Vitamin E: 0.31mg (2.04%)