



Peppered Beef Soup

 Dairy Free

READY IN



508 min.

SERVINGS



20

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz baby carrots
- ☐ 2 large baking potatoes diced peeled
- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 bay leaves
- ☐ 1 tablespoon beef bouillon granules
- ☐ 4 lb sirloin tip beef roast
- ☐ 24 oz lager beer
- ☐ 20 servings combine everything in a bowl and chill toasted

- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons parsley flakes dried
- ☐ 0.5 cup flour all-purpose
- ☐ 6 garlic cloves minced
- ☐ 1.5 tsp pepper freshly ground
- ☐ 1 medium size onion red thinly sliced
- ☐ 20 servings salt to taste
- ☐ 2 tablespoons worcestershire sauce

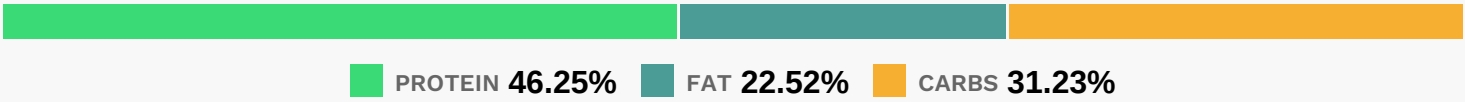
Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Rinse roast, and pat dry.
- ☐ Cut a 1-inch-deep cavity in the shape of an "X" on top of roast. (Do not cut all the way through roast.) Dredge roast in all-purpose flour; shake off excess.
- ☐ Cook roast in hot oil in a Dutch oven over medium-high heat 1 to 2 minutes on each side or until lightly browned.
- ☐ Place roast in a 6-qt. slow cooker. Stuff cavity with sliced red onion and minced garlic; top roast with potatoes and baby carrots.
- ☐ Pour beer, balsamic vinegar, and Worcestershire sauce into slow cooker.
- ☐ Sprinkle with parsley, bouillon, and ground pepper.
- ☐ Add bay leaves to liquid in slow cooker.
- ☐ Cover and cook on LOW 7 to 8 hours or until fork-tender. Shred roast using two forks. Season with salt to taste.
- ☐ Serve in Toasted Bread Bowls, if desired.
- ☐ *3 cups low-sodium beef broth may be substituted.

Nutrition Facts



Properties

Glycemic Index:16.96, Glycemic Load:7.81, Inflammation Score:-9, Nutrition Score:15.706956500592%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 196.4kcal (9.82%), Fat: 4.58g (7.04%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 12.83g (4.67%), Sugar: 2.02g (2.24%), Cholesterol: 49.91mg (16.64%), Sodium: 355.85mg (15.47%), Alcohol: 1.33g (100%), Alcohol %: 0.84% (100%), Protein: 21.15g (42.29%), Vitamin A: 3135.36IU (62.71%), Selenium: 28.01µg (40.02%), Vitamin B6: 0.76mg (37.93%), Vitamin B3: 6.69mg (33.45%), Zinc: 3.96mg (26.37%), Phosphorus: 224.93mg (22.49%), Vitamin B12: 1.14µg (19.05%), Potassium: 561.42mg (16.04%), Iron: 2.52mg (13.98%), Vitamin B2: 0.18mg (10.47%), Vitamin B1: 0.15mg (9.98%), Manganese: 0.19mg (9.7%), Magnesium: 36.75mg (9.19%), Copper: 0.17mg (8.37%), Vitamin B5: 0.82mg (8.16%), Folate: 31.65µg (7.91%), Vitamin K: 7.82µg (7.45%), Fiber: 1.45g (5.8%), Vitamin C: 3.86mg (4.68%), Calcium: 40.55mg (4.06%), Vitamin E: 0.52mg (3.45%)