



Quick and Easy Vegetable Beef Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 teaspoons beef base better than bouillon® (such as)
- ☐ 56 ounce tomatoes diced canned
- ☐ 0.5 teaspoon basil dried
- ☐ 24 ounce vegetables mixed frozen
- ☐ 1.5 teaspoons garlic powder (such as Lawry's®)
- ☐ 0.5 teaspoon ground pepper black to taste finely
- ☐ 1 pound ground beef lean
- ☐ 1 pound pd of ground turkey lean

- ☐ 0.5 onion chopped
- ☐ 1.5 teaspoons sea salt to taste
- ☐ 1.5 cups water

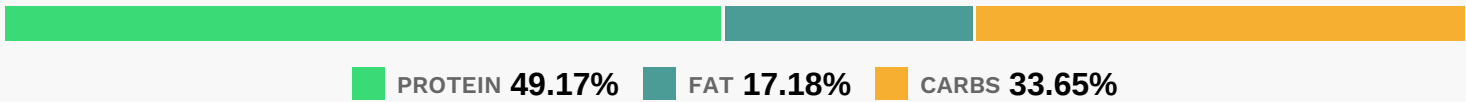
Equipment

- ☐ pot

Directions

- ☐ Heat a large pot over medium heat. Cook and stir ground beef and ground turkey in the pot until completely browned, 7 to 10 minutes. Stir onion into the meat mixture; continue to cook and stir until the onion is translucent, about 5 minutes.
- ☐ Drain fat from the pot and return to medium heat.
- ☐ Pour water and tomatoes into the pot. Season soup with garlic powder, sea salt, basil, and black pepper. Stir beef base through the soup.
- ☐ Add frozen mixed vegetables to the pot; stir.
- ☐ Bring the soup to a boil, reduce heat to low, and cook, stirring occasionally, until the vegetables are cooked through, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:3.8, Inflammation Score:-10, Nutrition Score:25.062173931495%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 235.91kcal (11.8%), Fat: 4.69g (7.22%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 15.08g (5.48%), Sugar: 5.16g (5.73%), Cholesterol: 66.37mg (22.12%), Sodium: 1039.02mg (45.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.23g (60.46%), Vitamin A: 4566.42IU (91.33%), Vitamin B3: 11.14mg (55.71%), Vitamin B6: 1.03mg (51.53%), Vitamin C: 27.82mg (33.72%), Phosphorus: 335.51mg (33.55%), Selenium: 23.35µg (33.36%), Zinc: 4.59mg (30.58%), Potassium: 940.49mg (26.87%), Vitamin B12: 1.57µg (26.13%), Iron: 4.66mg (25.87%), Fiber: 5.61g (22.44%), Manganese: 0.41mg (20.52%), Vitamin B2: 0.34mg (19.88%), Magnesium: 73.83mg (18.46%), Vitamin B1: 0.26mg (17.27%), Copper: 0.31mg (15.43%), Vitamin B5: 1.25mg (12.53%), Folate: 49.98µg (12.49%), Vitamin E: 1.56mg (10.41%), Calcium: 95.69mg (9.57%), Vitamin K: 7.23µg (6.89%), Vitamin D: 0.28µg (1.89%)