



Slow-Cooker Beef and Vegetable Soup

 Dairy Free

READY IN



565 min.

SERVINGS



6

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef for stew, cut into 1-inch cubes
- 4 cups beef broth swanson®
- 2 medium carrots sliced
- 2 tablespoons flour all-purpose
- 1 tablespoon thyme leaves fresh chopped
- 4 cloves garlic minced
- 6 servings ground pepper black
- 1.5 teaspoons coffee crystals instant

- 3 large onions chopped
- 12 small potatoes red cut into quarters
- 2 tablespoons tomato paste
- 2 tablespoons vegetable oil

Equipment

- frying pan
- slow cooker

Directions

- Season the beef with black pepper and coat with flour.
- Heat the oil in a skillet.
- Add the beef and cook until browned.
- Place the onions, potatoes, carrots, garlic and thyme in a 3 1/2-quart slow cooker. Top with the beef.
- Mix the tomato paste, coffee and 1 cup broth.
- Pour the coffee mixture and the remaining broth into the slow cooker. Cover and cook on LOW 8 to 10 hours.* or until done.
- Serve with the sour cream and chopped green onions, if desired.

Nutrition Facts



PROTEIN 16.8% **FAT 34.05%** **CARBS 49.15%**

Properties

Glycemic Index:50.14, Glycemic Load:4.18, Inflammation Score:-10, Nutrition Score:29.126522043477%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.51mg, Quercetin: 17.51mg, Quercetin: 17.51mg, Quercetin: 17.51mg

Nutrients (% of daily need)

Calories: 538.4kcal (26.92%), Fat: 20.69g (31.83%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 67.19g (22.4%), Net Carbohydrates: 59.05g (21.47%), Sugar: 9.21g (10.23%), Cholesterol: 53.68mg (17.89%), Sodium: 766.82mg (33.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.85mg (2.62%), Protein: 22.97g (45.93%), Vitamin A: 3559.68IU (71.19%), Potassium: 2094.14mg (59.83%), Vitamin B6: 1mg (49.9%), Vitamin C: 39.65mg (48.06%), Vitamin B3: 9.06mg (45.28%), Phosphorus: 388.85mg (38.89%), Manganese: 0.73mg (36.62%), Fiber: 8.14g (32.56%), Zinc: 4.56mg (30.37%), Copper: 0.58mg (28.87%), Vitamin B12: 1.73µg (28.83%), Iron: 4.97mg (27.63%), Magnesium: 106.94mg (26.73%), Vitamin B1: 0.39mg (25.77%), Folate: 93.62µg (23.41%), Selenium: 16.01µg (22.87%), Vitamin K: 23.36µg (22.25%), Vitamin B2: 0.31mg (18.32%), Vitamin B5: 1.54mg (15.45%), Calcium: 92.6mg (9.26%), Vitamin E: 1.1mg (7.32%)