



## Slow-Cooker Hearty Steak and Tater Soup

 Dairy Free

READY IN



590 min.

SERVINGS



9

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound round steak boneless
- 1 pound potatoes - remove skin red cut into 1/4-inch slices (4 cups)
- 1 cup celery stalks chopped
- 1 cup carrots chopped
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 1 tablespoon beef bouillon granules
- 0.5 teaspoon pepper

- 64 ounces beef broth flavored
- 6 ounces mushrooms undrained sliced
- 0.5 cup water
- 0.5 cup flour all-purpose

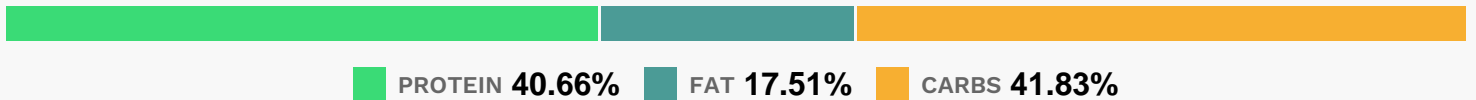
## Equipment

- bowl
- slow cooker

## Directions

- Cut beef into 1x1/4-inch pieces.
- Mix beef and remaining ingredients except water and flour in 5-quart slow cooker.
- Cover and cook on Low heat setting 8 to 9 hours.
- Mix water and flour in small bowl; gradually stir into soup until blended. Increase heat setting to High. Cover and cook about 30 minutes or until slightly thickened.

## Nutrition Facts



## Properties

Glycemic Index:30.54, Glycemic Load:4.73, Inflammation Score:-9, Nutrition Score:14.578695771487%

## Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 162.56kcal (8.13%), Fat: 3.15g (4.84%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 14.91g (5.42%), Sugar: 2.33g (2.59%), Cholesterol: 31.77mg (10.59%), Sodium: 942.1mg (40.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.89%), Vitamin A: 2430.73IU (48.61%), Vitamin B3: 6.93mg (34.66%), Selenium: 20.55µg (29.35%), Vitamin B6: 0.51mg (25.63%), Phosphorus: 205.29mg (20.53%),

Potassium: 677.17mg (19.35%), Vitamin B12: 1.11µg (18.45%), Zinc: 2.55mg (17%), Vitamin B2: 0.27mg (15.86%), Iron: 2.31mg (12.86%), Vitamin B1: 0.18mg (12.06%), Manganese: 0.23mg (11.27%), Folate: 44.22µg (11.06%), Copper: 0.21mg (10.4%), Vitamin B5: 0.92mg (9.19%), Magnesium: 35.54mg (8.89%), Vitamin C: 6.78mg (8.22%), Fiber: 2g (8.02%), Vitamin K: 7.48µg (7.13%), Calcium: 42.48mg (4.25%), Vitamin E: 0.29mg (1.93%)