



WHATSheATE



HEALTH SCORE

52%

Slow-Cooker Vegetable Beef Soup



Gluten Free



Dairy Free

READY IN



460 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb stew meat cut into bite-size pieces if needed
- ☐ 0.5 lb potatoes - remove skin red cut into 8 pieces (1 1/2 cups)
- ☐ 0.5 cup onion chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon pepper
- ☐ 2 bay leaves
- ☐ 28 oz beef broth canned

- ☐ 14 oz tomatoes diced undrained canned
- ☐ 15 oz great northern beans rinsed drained canned
- ☐ 2 cups savory vegetable mixed frozen thawed

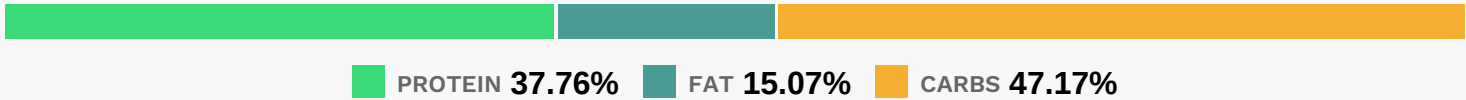
Equipment

- ☐ slow cooker

Directions

- ☐ In 3- to 4-quart slow cooker, mix all ingredients except frozen vegetables.
- ☐ Cover; cook on Low heat setting 7 to 8 hours.
- ☐ Add mixed vegetables. Increase heat setting to High. Cover; cook 20 to 30 minutes longer or until vegetables are crisp-tender.
- ☐ Remove bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:23.509999897169%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 281.26kcal (14.06%), Fat: 4.8g (7.39%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 26.29g (9.56%), Sugar: 2.65g (2.94%), Cholesterol: 46.87mg (15.62%), Sodium: 1055.72mg (45.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.15%), Vitamin A: 3164.11IU (63.28%), Vitamin B6: 0.82mg (40.99%), Vitamin B3: 8.16mg (40.82%), Selenium: 25.63µg (36.62%), Phosphorus: 354.77mg (35.48%), Manganese: 0.64mg (32.04%), Fiber: 7.52g (30.09%), Potassium: 1032.92mg (29.51%), Zinc: 4.15mg (27.64%), Folate: 102.25µg (25.56%), Iron: 4.48mg (24.91%), Vitamin B12: 1.49µg (24.85%), Magnesium: 89.26mg (22.31%), Vitamin C: 18.26mg (22.13%), Vitamin B1: 0.32mg (21.27%), Copper: 0.35mg (17.7%), Vitamin B2: 0.3mg (17.48%),

Calcium: 107.26mg (10.73%), Vitamin B5: 0.87mg (8.66%), Vitamin E: 0.69mg (4.58%), Vitamin K: 4.28µg (4.08%)