

Solianka or Russian Beef Soup

READY IN



70 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 2 quarts beef stock
- 10 peppercorns black
- 28 ounce canned tomatoes whole italian-style peeled canned
- 2 tablespoons capers
- 1 cup seasoning cubes diced
- 0.3 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 2 dill pickles diced
- 0.3 teaspoon marjoram dried

- 1.5 tablespoons flour all-purpose
- 0.3 cup optional: dill fresh chopped
- 3 cloves garlic minced
- 6 servings pepper black to taste
- 1 teaspoon paprika sweet
- 12 kalamata olives
- 2 ounces mushrooms dried
- 2 ounces mushrooms dried
- 12 marinated mushrooms
- 3 onion chopped
- 6 servings salt to taste
- 0.3 pound sausage cut into 1 inch pieces
- 2 tablespoons tomato paste
- 0.5 cup butter unsalted
- 1 cup ground veal diced cooked
- 1 cup ground veal diced cooked
- 0.8 cup water

Equipment

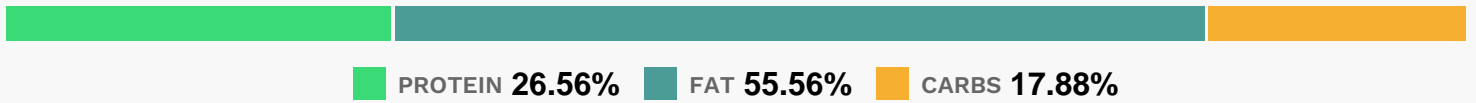
- frying pan
- pot
- cheesecloth

Directions

- Soak mushrooms in 3/4 cup water until tender, 20 to 30 minutes. Set aside.
- Melt half the butter and saute the onions, meats, and rehydrated mushrooms.
- Add the stock and liquid from the mushrooms and bring to a boil. Make a bouquet garni by tying the bay leaves and peppercorns tightly in cheesecloth. Lower the heat and add the bouquet garni, pickles, capers, and marinated mushrooms. Simmer 10–15 minutes.

- Melt remaining butter in a skillet and cook the tomatoes and tomato paste for a few minutes, then add the flour and saute for another few minutes.
- Add a cup of the soup to the skillet and stir in well, then return pan ingredients to the soup pot.
- Add the olives, dill, marjoram, garlic, pickle juice, and paprika. Adjust soup's seasoning with salt and pepper; simmer another 10–15 minutes.
- Remove pot from heat and remove bouquet garni. Adjust seasonings and serve with sour cream and lemon.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:2.86, Inflammation Score:-8, Nutrition Score:22.760434492775%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg, Isorhamnetin: 3.89mg Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 17.89mg, Quercetin: 17.89mg, Quercetin: 17.89mg, Quercetin: 17.89mg

Nutrients (% of daily need)

Calories: 445.63kcal (22.28%), Fat: 28.16g (43.33%), Saturated Fat: 13.85g (86.55%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 16.84g (6.12%), Sugar: 8.95g (9.94%), Cholesterol: 125.96mg (41.99%), Sodium: 2012.76mg (87.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.29g (60.58%), Vitamin B3: 11.38mg (56.92%), Vitamin B2: 0.73mg (42.99%), Vitamin B6: 0.83mg (41.35%), Potassium: 1381.94mg (39.48%), Phosphorus: 353.5mg (35.35%), Vitamin C: 21.36mg (25.89%), Zinc: 3.78mg (25.21%), Copper: 0.49mg (24.73%), Vitamin B1: 0.35mg (23.56%), Vitamin A: 1169.62IU (23.39%), Iron: 4mg (22.24%), Vitamin B12: 1.21µg (20.09%), Selenium: 13.49µg (19.27%), Magnesium: 74.02mg (18.51%), Manganese: 0.35mg (17.39%), Vitamin B5: 1.7mg (16.97%), Vitamin E: 2.3mg (15.33%), Fiber: 3.57g (14.27%), Folate: 51.99µg (13%), Calcium: 127.68mg (12.77%), Vitamin K: 11.55µg (11%), Vitamin D: 0.57µg (3.78%)