



Spicy Vegetable Beef Soup

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce beef broth canned
- 14 ounce canned tomatoes canned
- 2 stalks celery chopped
- 0.5 teaspoon basil dried
- 0.5 teaspoon parsley dried
- 0.5 teaspoon thyme leaves dried
- 16 ounce vegetables mixed frozen thawed
- 2 cloves garlic minced

- 0.3 teaspoon ground pepper
- 4 mushrooms sliced
- 1 onion chopped
- 0.5 teaspoon oregano dried
- 6 ounces rotelle pasta
- 1 pound top round beef roast
- 2 tablespoons vegetable oil
- 1 quart water

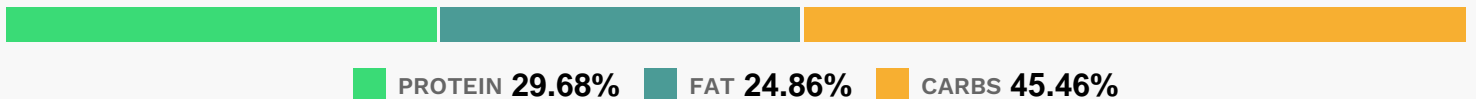
Equipment

- pot

Directions

- Trim fat from roast and cut into 1 inch cubes.
- Place meat in a large pot over medium heat with oil, onion and garlic and cook, stirring, until meat is browned and onion is tender.
- Pour in broth, tomatoes and water. Stir in mixed vegetables, mushrooms and celery. Season with oregano, thyme, basil, parsley and cayenne. Bring to a boil, then reduce heat, cover and simmer 75 minutes.
- Stir in pasta and cook 10 minutes more, until pasta is tender.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:10.29, Inflammation Score:-9, Nutrition Score:18.581739088763%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 255.04kcal (12.75%), Fat: 7.17g (11.03%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 29.49g (9.83%),
Net Carbohydrates: 24.98g (9.08%), Sugar: 3.69g (4.1%), Cholesterol: 35.15mg (11.72%), Sodium: 324.97mg (14.13%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.51%), Vitamin A: 3062.18IU (61.24%), Selenium:
31.18µg (44.54%), Vitamin B3: 6.33mg (31.64%), Vitamin B6: 0.58mg (29.1%), Manganese: 0.5mg (25.07%),
Phosphorus: 234.69mg (23.47%), Zinc: 3.17mg (21.13%), Vitamin B12: 1.09µg (18.13%), Fiber: 4.52g (18.08%),
Potassium: 619.15mg (17.69%), Iron: 3.01mg (16.72%), Copper: 0.33mg (16.26%), Vitamin C: 12.32mg (14.94%),
Vitamin K: 15.64µg (14.89%), Vitamin B2: 0.24mg (14.16%), Magnesium: 55.18mg (13.8%), Vitamin B1: 0.2mg (13.2%),
Folate: 43.76µg (10.94%), Vitamin E: 1.18mg (7.84%), Vitamin B5: 0.78mg (7.77%), Calcium: 66.37mg (6.64%)