



 **36%**
HEALTH SCORE

Spicy Winter's Stew/Soup

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef
- 10.5 ounce beef broth undiluted canned (I used Campbell's condensed,)
- 8 ounce tomato sauce canned
- 2 carrots
- 0.3 teaspoon ground pepper (depends on how spicy you want it)
- 0.5 teaspoon cumin
- 2 cups extra wide egg noodles
- 0.8 cup flour

- 0.3 teaspoon garlic powder
- 1 small bell pepper green for the right flavor in this soup (a must)
- 0.5 teaspoon pepper black
- 2 tablespoons olive oil
- 0.5 medium onion cut into 1/2 inch pieces
- 0.5 teaspoon oregano
- 1 teaspoon paprika
- 0.3 cup parsley finely chopped
- 1 parsnips
- 1 teaspoon salt
- 4 servings salt and pepper
- 14.5 ounce tomatoes
- 0.3 teaspoon turmeric
- 1 turnip
- 2 cups water
- 1 tablespoon worcestershire sauce

Equipment

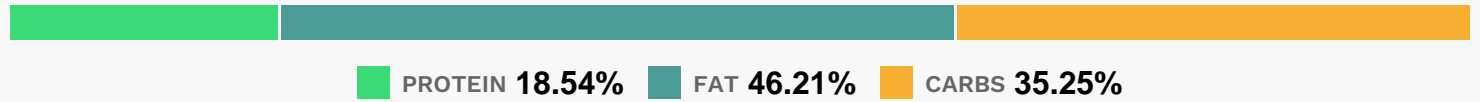
- frying pan
- pot

Directions

- Coat the beef in flour, salt, & pepper.
- Heat the oil in a large pot. Brown the beef in the oil. Dump the petite tomatoes, tomato sauce, & beef broth into the pot with the beef.
- Add the parsley, Worcestershire sauce & all the spices into the sauce. Simmer on medium heat for 15 minutes.
- Add the vegetables to the sauce & simmer the soup on low heat for 30–40 minutes. Before the vegetables are completely done add the noodles into the pan & water (enough to cover the noodles). Cook for additional 10 minutes or until the noodles are fully cooked.

Serve with warm bread & butter. Yum!

Nutrition Facts



Properties

Glycemic Index:135.46, Glycemic Load:25.73, Inflammation Score:-10, Nutrition Score:37.021304405254%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 614.53kcal (30.73%), Fat: 31.76g (48.86%), Saturated Fat: 10.15g (63.41%), Carbohydrates: 54.52g (18.17%), Net Carbohydrates: 46.75g (17%), Sugar: 11.18g (12.42%), Cholesterol: 96.47mg (32.16%), Sodium: 1517.26mg (65.97%), Alcohol: 0g (100%), Protein: 28.68g (57.36%), Vitamin A: 6903.73IU (138.07%), Vitamin K: 94.36µg (89.87%), Vitamin C: 54.43mg (65.98%), Selenium: 41.95µg (59.94%), Manganese: 0.94mg (47.17%), Vitamin B3: 9.3mg (46.5%), Vitamin B12: 2.53µg (42.23%), Zinc: 6.12mg (40.8%), Vitamin B6: 0.75mg (37.61%), Phosphorus: 363.81mg (36.38%), Potassium: 1268.63mg (36.25%), Iron: 6.06mg (33.69%), Folate: 126.35µg (31.59%), Fiber: 7.76g (31.06%), Vitamin B1: 0.41mg (27.59%), Vitamin E: 4.06mg (27.09%), Vitamin B2: 0.45mg (26.32%), Copper: 0.44mg (21.77%), Magnesium: 85.34mg (21.34%), Vitamin B5: 1.57mg (15.73%), Calcium: 114.39mg (11.44%), Vitamin D: 0.17µg (1.14%)