



Steak-and-Potato Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baking potatoes peeled cut into 1-inch chunks (2)
- ☐ 1 quart chicken-broth low-sodium homemade canned
- ☐ 3 tablespoons cooking oil
- ☐ 0.5 pound green beans ends trimmed
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 large onion chopped
- ☐ 1.3 teaspoons salt
- ☐ 1 pound rump steak cut into 1/ slices 1 1/2 inches long and 3/4-inch wide, or 1 pound presliced beef (see headnote)

- ☐ 2 cups water
- ☐ 2 teaspoons worcestershire sauce

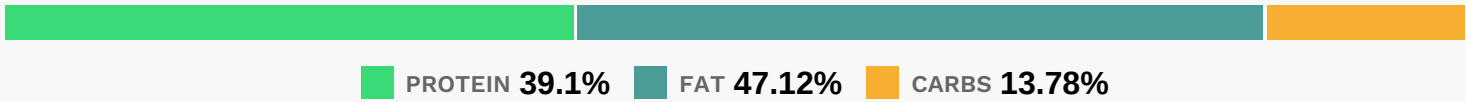
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large pot, heat 1 tablespoon of the oil over moderately high heat.
- ☐ Add half the steak and cook, stirring frequently, until well browned, about 2 minutes.
- ☐ Remove the steak with a slotted spoon. Repeat with another tablespoon of oil and the remaining steak.
- ☐ Remove the steak from the pot and toss all of the steak slices with 1/4 teaspoon of the salt.
- ☐ Reduce the heat to moderately low and add the remaining tablespoon of oil to the pot.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the potatoes, green beans, water, broth, the remaining 1 teaspoon salt, and the pepper to the pot. Bring to a boil, scraping the bottom of the pot with a spoon to dislodge any brown bits. Reduce the heat and simmer until the potatoes are tender, about 15 minutes. Return the steak and any juices to the soup and stir in the Worcestershire sauce.
- ☐ Wine Recommendation: If the steak and potatoes were on your plate, a Napa Valley cabernet sauvignon would be the obvious choice. It's the perfect pick here as well, but stay with an easy-drinking, light-tannin version for the best match.
- ☐ Notes: Make sure the steak is well browned before removing it from the pot; those brown bits left on the bottom are essential for flavoring the broth.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:18.02, Inflammation Score:-8, Nutrition Score:33.972608778788%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 907.04kcal (45.35%), Fat: 46.73g (71.89%), Saturated Fat: 12.99g (81.17%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 27.06g (9.84%), Sugar: 4.44g (4.94%), Cholesterol: 181.8mg (60.6%), Sodium: 1983.81mg (86.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.24g (174.49%), Vitamin B12: 5.52µg (91.97%), Selenium: 63.25µg (90.35%), Vitamin B6: 1.4mg (69.85%), Zinc: 10.18mg (67.89%), Phosphorus: 656.08mg (65.61%), Vitamin B3: 11.45mg (57.25%), Iron: 7.17mg (39.83%), Potassium: 1385.45mg (39.58%), Vitamin K: 39.73µg (37.84%), Vitamin B2: 0.55mg (32.43%), Magnesium: 113.44mg (28.36%), Copper: 0.41mg (20.28%), Vitamin C: 16.55mg (20.06%), Manganese: 0.38mg (19.07%), Vitamin E: 2.85mg (19%), Vitamin B1: 0.27mg (18.16%), Vitamin A: 814.92IU (16.3%), Fiber: 3.67g (14.7%), Folate: 53.51µg (13.38%), Calcium: 92.03mg (9.2%), Vitamin B5: 0.87mg (8.68%), Vitamin D: 0.24µg (1.58%)