



Steak Soup

READY IN



50 min.

SERVINGS



6

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce baby spinach
- ☐ 4 cups beef broth
- ☐ 1 cup tomatoes canned crushed
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 1 pound london broil steak

- ☐ 3 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 cup jalapeño peppers jarred sliced
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 3 cups tortilla chips crumbled
- ☐ 0.5 pound mushrooms white sliced

Equipment

- ☐ bowl
- ☐ pot
- ☐ grill
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill to medium-high. In a small bowl, combine cumin, garlic powder, thyme, salt, and pepper. Rub the spice blend over all of the steak pieces along with 1 tablespoon of the oil.
- ☐ Let rest at room temperature, about 15 minutes.
- ☐ Meanwhile, in a large pot, add the remaining 2 tablespoons of oil and heat over medium heat.
- ☐ Add the onions and saute until tender, about 4 minutes. Stir in the mushrooms and garlic and saute until mushrooms are tender, adding extra oil if needed.
- ☐ Pour in the broth, jalapenos and crushed tomatoes. Bring to a boil then reduce heat and simmer while beef cooks.
- ☐ On a hot grill sear steak until golden brown on both sides, about 5 minutes per side.
- ☐ Remove from grill to a cutting board and let rest 10 minutes.
- ☐ Cut beef into strips and stir into soup, along with spinach. Season soup, to taste.
- ☐ Transfer to serving bowls and top with a dollop of sour cream and tortilla chips.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:34.406956465348%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 527.18kcal (26.36%), Fat: 26.21g (40.32%), Saturated Fat: 5.67g (35.42%), Carbohydrates: 48.86g (16.29%), Net Carbohydrates: 42.81g (15.57%), Sugar: 4.51g (5.01%), Cholesterol: 57.42mg (19.14%), Sodium: 1419.15mg (61.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Vitamin K: 274.83µg (261.74%), Vitamin A: 5194.7IU (103.89%), Selenium: 33.2µg (47.43%), Vitamin B3: 9.27mg (46.36%), Vitamin B6: 0.89mg (44.68%), Phosphorus: 418.46mg (41.85%), Manganese: 0.7mg (35.25%), Folate: 138.41µg (34.6%), Zinc: 5.01mg (33.43%), Vitamin E: 4.98mg (33.2%), Magnesium: 131.14mg (32.79%), Iron: 5.69mg (31.61%), Potassium: 1085.15mg (31%), Vitamin B2: 0.5mg (29.36%), Vitamin C: 21.01mg (25.47%), Fiber: 6.05g (24.22%), Copper: 0.43mg (21.66%), Vitamin B5: 2.06mg (20.56%), Vitamin B12: 1.19µg (19.8%), Calcium: 189.67mg (18.97%), Vitamin B1: 0.28mg (18.62%)