



Steak Soup

 Dairy Free

READY IN



510 min.

SERVINGS



30

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 baking potatoes cut into 1/2-inch cubes
- ☐ 2 tablespoons beef bouillon granules
- ☐ 3 carrots sliced
- ☐ 1 rib celery chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 2 small onions chopped
- ☐ 1 cup peas sweet green frozen
- ☐ 1 teaspoons pepper

- ☐ 6 ounce tomato paste canned
- ☐ 2 pound top round steak cut into 1-inch cubes
- ☐ 3 tablespoons vegetable oil
- ☐ 4 cups water
- ☐ 16 ounce kernel corn whole drained canned

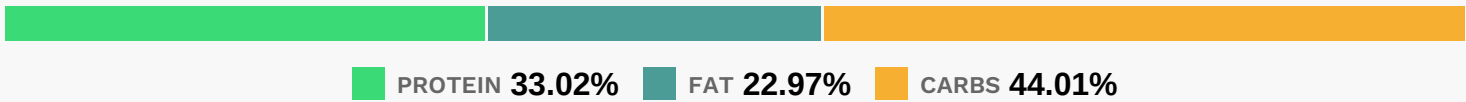
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Toss together steak and flour.
- ☐ Brown steak in hot oil in a large skillet over medium-high heat 5 to 6 minutes.
- ☐ Stir together steak, 4 cups water, and remaining ingredients in a 5-quart slow cooker.
- ☐ Cook, covered, at HIGH 8 hours or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:12.66, Glycemic Load:6.41, Inflammation Score:-7, Nutrition Score:7.4856521875962%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 106.16kcal (5.31%), Fat: 2.71g (4.17%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 10.52g (3.83%), Sugar: 1.28g (1.43%), Cholesterol: 18.46mg (6.15%), Sodium: 139.54mg (6.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.51%), Vitamin A: 1069.2IU (21.38%), Vitamin B6: 0.36mg (18%), Selenium: 10.51µg (15.01%), Vitamin B3: 2.9mg (14.48%), Zinc: 1.64mg (10.93%), Phosphorus: 106.35mg (10.63%), Potassium: 336.91mg (9.63%), Vitamin B12: 0.41µg (6.86%), Manganese: 0.13mg (6.63%),

Vitamin C: 5.44mg (6.6%), Iron: 1.19mg (6.59%), Vitamin B1: 0.09mg (6.34%), Vitamin K: 5.95µg (5.67%),
Magnesium: 22.22mg (5.56%), Folate: 22.18µg (5.55%), Copper: 0.1mg (5.25%), Vitamin B2: 0.08mg (4.73%), Fiber:
1.15g (4.6%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.32mg (2.15%), Calcium: 19.46mg (1.95%)