



Tasty Meat & Potato Soup

READY IN



165 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 1.5 cups carrots peeled sliced
- 1 cup celery sliced thin
- 3 tablespoons flour all-purpose
- 4 tablespoons basil fresh chopped
- 1 teaspoon thyme sprigs fresh
- 2 teaspoons garlic finely chopped
- 2 beef instant (beef oxo or knorr)

- 0.5 cup mushrooms sliced
- 1 poblano pepper diced seeded
- 1.5 cups potatoes peeled
- 1 bell pepper diced red jarred
- 1 teaspoon salt
- 1.5 lbs sirloin steak thinly sliced
- 1 medium onion sweet coarsely chopped
- 2 cups tomatoes diced with juice
- 5 cups vegetable stock
- 2.5 tablespoons vegetable oil
- 2 teaspoons worcestershire sauce

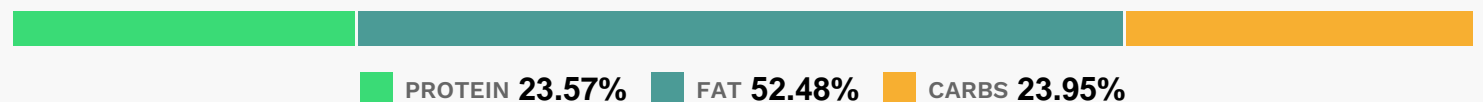
Equipment

- frying pan
- pot

Directions

- Melt butter and oil in a large pan over medium heat until foam disappears, stir in the steak, onion and garlic and cook and stir until meat and onions are browned about 10 - 15 minutes. Next, mix together flour, thyme, salt and pepper, sprinkle the flour over the browned meat and stir to coat. In a large pot add the vegetable broth, oxo cubes, Worcestershire sauce, diced tomatoes, diced red pepper and meat mixture; bring to a boil, reduce the heat to medium low, cover and simmer until meat is tender, about 45 minutes to an hour. Next add the potatoes, carrots, celery, mushrooms and poblano chile and simmer, uncovered, stirring occasionally, until the vegetables are tender and the soup has thickened. If you find the soup too thick add more vegetable broth, a little at a time. Just before serving stir the fresh chopped basil into the soup.

Nutrition Facts



Properties

Glycemic Index:103.6, Glycemic Load:12.02, Inflammation Score:-10, Nutrition Score:27.293477944058%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg

Nutrients (% of daily need)

Calories: 457.06kcal (22.85%), Fat: 26.8g (41.23%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 23.04g (8.38%), Sugar: 9.59g (10.65%), Cholesterol: 73.77mg (24.59%), Sodium: 1336.12mg (58.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.18%), Vitamin A: 7153.69IU (143.07%), Vitamin C: 65.05mg (78.85%), Vitamin B12: 3.17µg (52.85%), Vitamin B6: 0.88mg (44.16%), Vitamin K: 33.29µg (31.71%), Vitamin B3: 6.26mg (31.32%), Selenium: 21.54µg (30.77%), Potassium: 1037.25mg (29.64%), Phosphorus: 295.09mg (29.51%), Zinc: 4.32mg (28.82%), Vitamin B2: 0.35mg (20.66%), Iron: 3.71mg (20.63%), Manganese: 0.39mg (19.63%), Vitamin B1: 0.28mg (18.9%), Fiber: 4.48g (17.92%), Folate: 68.25µg (17.06%), Magnesium: 59.12mg (14.78%), Copper: 0.29mg (14.54%), Vitamin E: 1.52mg (10.13%), Vitamin B5: 0.97mg (9.72%), Calcium: 60.39mg (6.04%)