



The Lady and Sons Beef Vegetable Soup

 Dairy Free

READY IN



150 min.

SERVINGS



16

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons beef bouillon granules
- ☐ 1 cup black-eyed peas frozen
- ☐ 0.3 cup pepper black
- ☐ 0.5 teaspoon pepper black freshly ground for seasoning
- ☐ 1 cup shell beans frozen
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 cup carrots thinly sliced

- ☐ 1 cup celery diced
- ☐ 1 teaspoon celery salt
- ☐ 2.5 pounds chuck roast boneless
- ☐ 3 tablespoons parsley dried
- ☐ 0.5 cup elbow macaroni uncooked
- ☐ 1 cup corn kernels fresh canned
- ☐ 1 cup green beans fresh canned sliced
- ☐ 16 servings parsley leaves fresh chopped
- ☐ 0.3 cup garlic powder
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon penzey's southwest seasoning dried italian
- ☐ 1 cup cut okra fresh
- ☐ 1.5 cups onion chopped
- ☐ 1 cup potatoes diced
- ☐ 1 cup salt
- ☐ 1 tablespoon lawry's seasoned salt for seasoning
- ☐ 2 tablespoons vegetable oil if using chuck roast
- ☐ 4 quarts water cold
- ☐ 1 tablespoon worcestershire sauce

Equipment

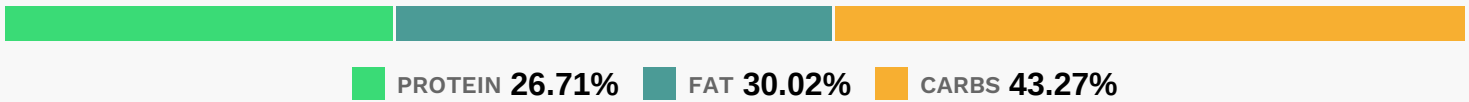
- ☐ frying pan
- ☐ pot

Directions

- ☐ If using chuck roast, heat the oil in a large skillet over medium heat.
- ☐ Place the roast in the skillet and cook until browned on both sides, about 5 minutes per side.
- ☐ Remove the roast from the skillet and cut it into 1 1/2 to 2-inch cubes; discard the fat.

- ☐ Place the beef cubes in a large stockpot. (If using short ribs, you can put them right in the pot with no preparation).
- ☐ Add the water, tomatoes, onions, dried parsley, beef bouillon, dried Italian seasoning, House Seasoning, seasoned salt, Worcestershire sauce, celery salt, garlic powder, black pepper and bay leaves. Bring to a boil over high heat. Cover the pot; reduce the heat so that the liquid simmers, and cook for 1 1/2 to 2 hours, or until the meat is very tender. If using short ribs, remove them from the pot and cut the meat from the bones, discard the bones and fat, and return the meat to the pot.
- ☐ Add the remaining vegetables and the macaroni and return the soup to a boil, stirring to distribute the ingredients. Reduce the heat and simmer for 45 minutes. Just before serving, season with salt and pepper and add fresh chopped parsley. To remove excess fat from the surface of the soup, swirl a lettuce leaf around the surface it will pick up a lot of the fat.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:5.28, Inflammation Score:-9, Nutrition Score:21.702608668286%

Flavonoids

Apigenin: 25.69mg, Apigenin: 25.69mg, Apigenin: 25.69mg, Apigenin: 25.69mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 222.46kcal (11.12%), Fat: 7.73g (11.89%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 19.35g (7.04%), Sugar: 5.47g (6.08%), Cholesterol: 30.55mg (10.18%), Sodium: 7951.66mg (345.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.94%), Vitamin K: 93.15µg (88.72%), Manganese: 0.99mg (49.27%), Vitamin A: 1954.53IU (39.09%), Vitamin B12: 1.76µg (29.34%), Vitamin B6: 0.5mg (25.15%), Fiber: 5.71g (22.83%), Zinc: 3.38mg (22.56%), Vitamin C: 17.85mg (21.64%), Iron: 3.87mg (21.49%), Potassium: 751.35mg (21.47%), Phosphorus: 211.39mg (21.14%), Selenium: 12.98µg (18.54%), Copper: 0.37mg (18.27%), Folate: 71.29µg (17.82%), Magnesium: 65.97mg (16.49%), Vitamin B3: 3.28mg (16.41%), Vitamin B1: 0.21mg (14.29%), Vitamin B2: 0.18mg (10.74%), Calcium: 92.5mg (9.25%), Vitamin E: 1.13mg (7.52%), Vitamin B5: 0.71mg (7.13%)