



 **33%**
HEALTH SCORE

Wintery Vegetable Beef Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tablespoon butter
- 0.5 tablespoon cooking oil
- 2 pounds beef chuck (or any tougher, stew-worthy cut)
- 1 quart water
- 4 slices bacon (thick-cut)
- 2 large sweet potatoes (diced)
- 2 large parsnips (diced)
- 2 large carrots (diced)

- 2 large celery stalks diced
- 1 large onion diced
- 5 cloves garlic
- 0.3 cabbage red sliced thin
- 0.3 cabbage green sliced thin
- 1 sprigs thyme leaves
- 1 sprigs parsley
- 2 bay leaves
- 2 quarts water
- 8 servings pepper black

Equipment

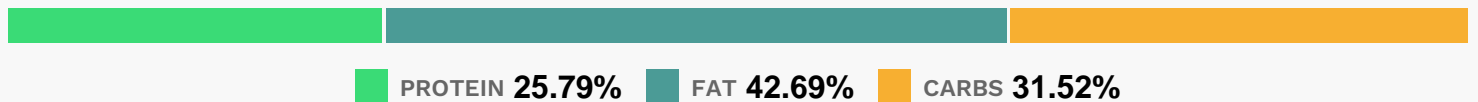
- bowl
- frying pan
- pot
- dutch oven

Directions

- Begin by melting the butter with the oil in a large Dutch oven. Brown your beef well on all sides.
- Once all sides are browned, drain off any excess fat in pan (more than a tsp.) and add 1 qt. of stock to pot. Bring to boil, then reduce to simmer. Cover pan and simmer gently for until meat is fork tender, ~2 1/2 hours.
- When beef is finished, transfer it to a large bowl with any juices and let cool until able to handle, then shred it.
- In the same pot you cooked the beef in, add the bacon and cook just done.
- Remove bacon, but leave fat in pan.
- Add veggies and cook until just beginning to soften.
- Add shredded beef and reserved bacon back to pot along with herbs.

- Add 2 qts. stock (or more to just cover) and simmer over medium-low heat until vegetables are tender, ~10 minutes or so.
- I let it sit, covered for at least an hour to allow the flavors to come together.
- Remove herb stems and bay leaves. Season with freshly cracked black pepper (and salt if needed, depends on the saltiness of the liquid you used, so taste first).
- To serve, drizzle with a glug of balsamic vinegar and grate some fresh parmesan over the top.
- Sprinkle with fresh, chopped herbs and more black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:60.1, Glycemic Load:13.09, Inflammation Score:-10, Nutrition Score:29.954347826087%

Flavonoids

Cyanidin: 55.01mg, Cyanidin: 55.01mg, Cyanidin: 55.01mg, Cyanidin: 55.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 399.69kcal (19.98%), Fat: 19.28g (29.66%), Saturated Fat: 7.76g (48.52%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 25.4g (9.24%), Sugar: 9.01g (10.01%), Cholesterol: 87.39mg (29.13%), Sodium: 265.25mg (11.53%), Protein: 26.21g (52.41%), Vitamin A: 15450.71IU (309.01%), Zinc: 9.39mg (62.6%), Vitamin B12: 3.15µg (52.54%), Vitamin K: 49.21µg (46.86%), Vitamin C: 37.4mg (45.33%), Vitamin B6: 0.84mg (41.94%), Selenium: 27.42µg (39.17%), Manganese: 0.66mg (32.87%), Phosphorus: 328.32mg (32.83%), Vitamin B3: 6.49mg (32.44%), Potassium: 1040.19mg (29.72%), Fiber: 6.64g (26.56%), Iron: 3.67mg (20.4%), Vitamin B5: 1.86mg (18.58%), Magnesium: 71.6mg (17.9%), Vitamin B1: 0.27mg (17.68%), Vitamin B2: 0.29mg (17.26%), Copper: 0.34mg (16.95%), Folate: 63.37µg (15.84%), Calcium: 108.66mg (10.87%), Vitamin E: 1.43mg (9.56%), Vitamin D: 0.16µg (1.05%)