

# Vegetable Beef Soup

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*This soup is easy to prepare and make.*

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|--------|---------------------------------|--------|-------------------------|
| ½ lb   | lean beef cut into ¼ inch cubes | 1 cup  | frozen mixed vegetables |
| 4 cups | reduced fat beef broth          | ⅛ tsp  | ground black pepper     |
| 1 can  | diced tomato                    | 1 Tbsp | parsley flakes          |
| ½ cup  | onion, finely diced             | ¼ tsp  | basil flakes            |

- 1 Prepare beef by removing excess fat and cutting into 1/4" cubes.
- 2 Put beef broth, tomatoes, beef and onion into a large pot. Bring to a boil, then reduce heat to simmer.
- 3 Add the frozen vegetables and ground pepper.
- 4 Simmer over low heat for 2-3 hours.

Servings: 8

## Degree of Difficulty

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Degree of Difficulty: Easy

## Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 3 hours

## Nutrition Facts

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Serving size: ⅛ of a recipe (9.3 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	171.62
Calories From Fat (21%)	36.86
% Daily Value	
<b>Total Fat</b> 4.12g	<b>6%</b>
Saturated Fat 1.57g	<b>8%</b>
<b>Cholesterol</b> 19.26mg	<b>6%</b>
<b>Sodium</b> 1178.77mg	<b>49%</b>
<b>Potassium</b> 467.61mg	<b>13%</b>
<b>Total Carbohydrates</b> 21.73g	<b>7%</b>
Fiber 4.29g	<b>17%</b>
Sugar 2.46g	
<b>Protein</b> 13.42g	<b>27%</b>

Recipe Type: Soups