

Beef Vegetable Soup



Makes 8 servings

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 1/2 cups onion, diced
- 1 cup celery, diced
- 2 cups carrots, chopped
- 2 cups potatoes, diced
- ½ cup green pepper, diced
- 3 cloves garlic, minced
- 4 cups kale, torn and lightly packed
- 1 teaspoon fresh ground black pepper
- 1 teaspoon ground thyme
- 2 bay leaves
- 1 15-ounce can petite diced tomatoes, no salt added
- 8 cups low sodium beef broth
- 2 pounds roast beef cut into 1 inch cubes

Directions

- Preheat oil in a large pot on medium high.
 Add the onion. Cook for 3 to 5 minutes.
- 2. Add the celery, carrots and potatoes. Cook for 7 to 9 minutes.
- 3. Add the green pepper. Cook for 2 to 4 minutes.
- 4. Add the garlic. Cook for 1 to 3 minutes.
- 5. Add the kale, black pepper, thyme and bay leaves. Cook for 5 to 7 minutes.
- 6. Add the tomatoes, broth and beef. Lower heat to a simmer. Cook for 15 minutes or more.
- 7. Remove bay leaves.
- *Option not included in nutrition facts.





TIP

For a vegetarian version use 2 cans of your favorite bean or legume instead of beef.
Replace the beef broth with vegetable broth.*

= heart smart

💢 = low sodium

(GF) = gluten free

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Nutrition Facts

Serving Size 2 cups soup (487g) Servings Per Container 8

Amount Per Serving

Calories 270 Calories from Fat 100

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 220mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 6g	

Protein 24a

Vitamin A 130% • Vitamin C 60%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

2.500 Calories: 2.000 Total Fat Less than 80a Saturated Fat Less than Cholesterol Less than 300mg 300mg Sodium Less than 2.400mg 2.400mg Total Carbohydrate 300g 375g Dietary Fiber 25g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1