

Eat Smart • Move More

Hearty Beef & Vegetable Soup

Prep Time: 15 minutes

Total Time: 1 hour



Ingredients

- 1 pound lean ground beef
- 1 teaspoon canola oil
- 6 carrots, sliced
- 2 potatoes, chopped
- 2 onions, chopped
- 2 celery stalks, sliced
- 5 cups water
- 48 ounces canned low-sodium diced tomatoes
- 15 ounces canned low-sodium green beans, drained and rinsed
- 15 ounces canned low-sodium mixed vegetables, drained and rinsed
- 1 cup low-sodium tomato juice
- 1 teaspoon ground black pepper
- 1 teaspoon Italian seasoning

Directions

- In a pot, sauté ground beef until browned. Remove from pot and set aside.
- Heat oil in the pot and sauté carrots, potatoes, onions, and celery until softened.
- Add cooked ground beef, water, tomatoes, green beans, mixed vegetables, tomato juice, black pepper, and Italian seasoning to the pot and bring to a boil. Reduce heat, cover, and simmer for 30 minutes.
- Serve warm.

Nutrition Facts

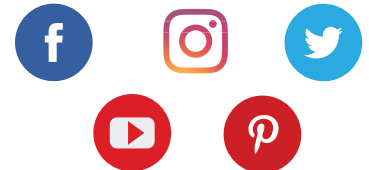
8 servings per container	
Serving size	1 serving
	(490.99g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 130mg	6%
Total Carbohydrate 30g	11%
Dietary Fiber 9g	32%
Total Sugars 11g	
Includes g of Added Sugars	
Protein 17g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 4mg	20%
Potassium 1132mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ You can also use frozen or fresh mixed vegetables and green beans to replace the canned vegetables.
- ▶ Add green cabbage for extra veggies or barley for some healthy grains.
- ▶ Season with basil, bay leaves, parsley, or garlic powder.

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(Recipe adapted from: <http://www.epicurious.com>.)

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