

Vegetable Beef Soup

Delicious, colorful, and tasty!



Level: Medium

Serves: 6

Kids' Tool Kit

Cutting board
Sharp knife
Vegetable peeler
Large pot
Can opener
Measuring spoons
and cups
Wooden spoon

Chef's Choice

Beef Vegetable Soup
Crackers
Sliced peaches
Low fat milk

Ingredients:

3 cups cooked beef roast, cut bite size
1 cup beef broth from cooked roast or
low-sodium canned broth
1 medium onion, diced
2 medium carrots, sliced
2 stalks of celery, sliced
4 potatoes, peeled and cubed
2 to 3 cups water
1/2 teaspoon pepper
1 can (15 ounces) diced tomatoes with liquid
1 can (15 ounces) green beans with liquid
1 can (15 ounces) whole kernel corn with liquid



Directions:

Remember to wash your hands!

1. In a large pot, over medium-high heat, place beef, beef broth, onion, carrots, celery and potatoes. Add enough water to cover vegetables. Add pepper and other seasonings if desired. Bring to a boil.
2. When the soup mixture begins to boil turn heat to low. Cover pot and simmer about 1 hour or until vegetables are tender.
3. Add tomatoes, green beans and corn. Turn heat to medium-high and bring to a boil. When the soup mixture begins to boil, turn heat to low, cover pot and simmer about 15 minutes.



Helpful Hints: Kids may need adult supervision preparing this recipe.

For flavor variations try adding herbs. Favorites include marjoram, thyme, oregano, rosemary or a bay leaf. Just remember to remove the bay leaf before serving.

Canned mixed vegetables or frozen vegetables can be added to soup to save time. Keep small amounts of leftover vegetables in a container with a lid in the freezer to use in soups. This is a great way to save on your grocery bill and add vitamins to the meal.



Safety Tip: Refrigerate the soup within 2 hours of serving. Divide it into shallow containers so it will cool quickly in the fridge. If you are not going to eat the soup within two to three days, label and freeze it in small containers.

Nutrition Facts

Serving Size 2 cup (568g)	
Servings Per Container 6	
Amount Per Serving	
Calories 370	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	27%
Cholesterol 60mg	20%
Sodium 650mg	27%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 25g	
Vitamin A 120%	• Vitamin C 40%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.