

Vegetable Beef Soup

Delicious, colorful, and tasty!

6 servings

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: **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. *Nutrition Facts: One 2 cup serving provides 370 calories, 14g total fat, 60mg cholesterol, 650mg sodium, 35g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Beef Vegetable Soup
Crackers
Sliced Peaches
Low Fat Milk

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