



K-STATE
Research and Extension

Colorful, Tasty Main Course

Vegetable Beef Soup

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:

Serving size 1 cups. Calories 155, calories from fat 40, total fat 7 g, saturated fat 2.5 g, trans fat 0 g, sodium 325 mg, carbohydrate 17 g, dietary fiber 2.5 g, sugars 4.5 g, protein 12 g, calcium 20%, iron 10%

Recipe from *Kids-a-Cookin'*

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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