



Hearty Vegetable Beef Soup

Makes: 4 servings

Frozen

vegetables, canned tomatoes, and chicken broth make this an easy soup to make. Noodles and beef make it extra hearty and comforting.

Ingredients

3/4 can chicken broth (unsalted, 14 oz)

1/2 cup water

2 cups mixed vegetables (frozen, for soup)

1 can tomatoes (16 oz, broken up)

4 ounces beef (cooked and diced)

1 teaspoon thyme leaves (crushed)

1 dash pepper

1/4 teaspoon salt

1 bay leaf

1 1/4 cups noodles (narrow-width, uncooked)

Nutrition Information

Nutrients	Amount
Calories	202
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	43 mg
Sodium	286 mg
Total Carbohydrate	22 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	17 g
Vitamin D	0 IU
Calcium	41 mg
Iron	3 mg
Potassium	344 mg
N/A - data is not available	
MyPlate Food Groups	
■ Vegetables	1/2 cup
■ Grains	1/2 ounce
■ Protein Foods	1 ounce

MyPlate Food Groups

Directions

1. Heat broth and water. Add vegetables, meat and seasonings. Bring to boil, reduce heat and boil gently, uncovered, for 15 minutes.
2. Add noodles. Cook until noodles are tender, about 10 minutes
3. Remove bay leaf.

Source: North Dakota State University Extension Service, Creative Vegetable Cookery