

Healthy Vegetable Beef Soup

Prep Time = 30 min	Cook Time = 60 min	Total Time = 90 min	Servings = 4
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Ingredients:

32 Ounces Filtered Water
 1 Pound of Beef Stew Meat from Grass-Fed Cows
 1 Can Plum Tomatoes Organic (28 Ounces)
 1/2 Head of Cabbage Organic
 1 Yellow Squash Organic Chopped
 1 Zucchini Organic Chopped
 1/2 Pound (8 ounces) of Green Beans Organic
 1/2 Red Onion Organic Chopped
 1/2 Yellow Onion Organic Chopped
 2 Red Potatoes with Skin Cubed
 2 Celery Stalks Organic Chopped
 2 Carrots Organic Chopped
 2 Cloves Garlic Minced
 2 Tablespoons Parsley Fresh Organic
 3 Teaspoons Dried Oregano
 1/8 Teaspoon Ground Nutmeg
 1/8 Teaspoon Dried Basil
 1/8 Teaspoon Dried Thyme
 2 Teaspoons Hot Pepper Flakes
 2 Tablespoons Extra Virgin Olive Oil
 Sea Salt to Taste
 Black Pepper Ground to Taste

Directions:

1. Make sure you wash all the vegetables very well to remove any harmful substances.
2. Use a large pan with 2 tablespoons of extra virgin olive oil on medium heat to slightly brown the 1 pound of beef stew meat.
3. Add oregano, nutmeg, dried basil, dried thyme, hot pepper flakes, garlic, onion, celery, carrots, sea salt, and pepper to the same pan with the stew meat.
4. Cover the large pan and cook on medium heat until the onion is tender. Stir a couple times while cooking for about 5 minutes.
5. Add the 32 ounces of filtered water, plum tomatoes, separated and chopped cabbage leaves, squash, zucchini, green beans, and red potatoes to the large pan with the stew meat mixture.
6. Let the entire soup mixture simmer for 1 hour with the lid partially covering the pan.
7. Once mixture has been cooking for about an hour, add the parsley and additional sea salt and freshly ground black pepper to the soup. Stir well.
8. Enjoy the fresh soup for dinner and make plenty for lunch the next day. Take your time and really taste each of the ingredients in the soup. This is amazing soup.
9. I want you to have a seat at your table with no TV, no phone, no distractions and simply focus on the food you are eating. Thank God for each and every bite you take. Taste the goodness within this healthy recipe!

Nutrition Facts

Serving Size 3234 g

Amount Per Serving

Calories 2747 Calories from Fat 988

% Daily Value*

Total Fat 110g	170%
Saturated Fat 27g	134%
Trans Fat 0g	
Cholesterol 376mg	125%
Sodium 6477mg	270%
Total Carbohydrate 299g	100%
Dietary Fiber 54g	217%
Sugars 35g	
Protein 163g	
Vitamin A 587% • Vitamin C 747%	
Calcium 80% • Iron 169%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	~29369 IU	~587%
Vitamin C	448 mg	747%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~9.8 mg	~49%
Vitamin K	~444 mcg	~555%
Thiamin	2.5 mg	168%
Riboflavin	2.6 mg	152%
Niacin	54.9 mg	275%
Vitamin B6	6.6 mg	332%
Folate	600 mcg	150%
Vitamin B12	~6.9 mcg	~114%
Pantothenic Acid	~8.4 mg	~84%
Choline	~727 mg	
Betaine	~61.4 mg	

Minerals

Amounts Per Selected Serving		%DV
Calcium	804 mg	80%
Iron	30.5 mg	169%
Magnesium	603 mg	151%
Phosphorus	2100 mg	210%
Potassium	9907 mg	283%
Sodium	6477 mg	270%
Zinc	28.1 mg	188%
Copper	2.8 mg	140%
Manganese	5.2 mg	259%
Selenium	~149 mcg	~213%
Fluoride	~50.5 mcg	

Calorie Information

Amounts Per Selected Serving		%DV
Calories	2747 (11501 kJ)	137%
From Carbohydrate	1117 (4677 kJ)	
From Fat	988 (4137 kJ)	
From Protein	643 (2692 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	163 g	326%

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	299 g	100%
Dietary Fiber	54.2 g	217%
Starch	~100 g	
Sugars	~35.2 g	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	110 g	170%
Saturated Fat	~26.8 g	~134%
Monounsaturated Fat	~52.7 g	
Polyunsaturated Fat	~12.8 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	~1882 mg	
Total Omega-6 fatty acids	15455 mg	

Your Notes: