Vegetable Beef Soup

Serves 8

Ingredients:

- 1 can (about 24 ounces) beef
- 1 cup whole grain rotini, uncooked (other pastas can be used instead)
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 4 cups water (for soup)
- 1 cup bean of choice, cooked
- 1 can (about 15 ounces) low-sodium carrots, drained
- 1 can (about 15 ounces) low-sodium corn, drained
- 2 cans (about 15 ounces each) low-sodium tomatoes, diced, undrained

Directions:

- 1. Cook pasta according to package directions; drain and set aside.
- 2. In a large pot over medium heat, cook onion in vegetable oil for about 5 minutes, stirring often, until onion is soft.
- 3. Add beef to onions and cook for about 1 minute.
- 4. Add water, kidney beans, carrots, corn, tomatoes, and cooked pasta to the beef and onion mixture.
- 5. Heat on high for about 10 minutes.

			Fa	
Serving S				
Servings F	Per Con	tainer 8		
Amount P	er Servi	ing		
Calories :	360			
			% Dail	y Value
Total Fat	16g			
Satur	ated Fa	t 7g		
Trans	Fat			
Cholester	ol 60m	9		
Sodium 2	39mg			
Total Carb	ohvdra	te 33g		
	ry Fiber			
	rs 7g	- G		
Protein 22				
PTOOMTEE	·y			
	313mc	o RAE	Vitamin C	18m
Vitamin A		9.00	Iron	5m
Vitamin A Calcium	82ma			
Calcium	82mg			
Calcium 'Percent Da diet. Your da	ily Value	may be hig	on a 2,000 ca gher or lower of	
*Percent Da diet. Your da on your calc	ily Value	may be hig k Calories:	on a 2,000 ca gher or lower of 2,000	epending 2,500
Calcium Percent Da diet. Your da on your calc Total Fat	illy Value illy values orie need:	may be hig s: Calories: Less than	on a 2,000 ca gher or lower of 2,000 65g	2,500 80g
Calcium Percent Da diet. Your da on your calc Total Fat Saturated	illy Value illy values orie need:	calories: Less than Less than	2,000 cgher or lower of 2,000 65g 20g	2,500 80g 25g
Calcium Percent Da diet. Your da on your calc Total Fat	illy Value illy values orie need:	may be hig s: Calories: Less than	on a 2,000 ca gher or lower of 2,000 65g 20g 300mg	2,500 80g 25g 300mg
Calcium *Percent Da diet. Your da on your calc Total Fat Saturated Cholesterol	ally Values ally values one needs	calories: Calories: Less than Less than Less than	on a 2,000 ca gher or lower of 2,000 65g 20g 300mg	2,500 80g 25g 300mg







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's an equa 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

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	e Containe		
Servings Pe	r Container	8	
Amount Per	Serving		
Calories 36	0		
		% Da	ily Value
Total Fat 16	ig .		
Saturat	ed Fat 7g		
Trans F			
Cholesterol	60ma		
Sodium 23			
Total Carbol			
	,	,	
	Fiber 6g		
Sugars	7g		
Protein 22g			
Vitamin A 3	13mog RAE	Vitamin C	18m
Calcium 8	12mg	Iron	5m
	Values are ha	sed on a 2 000 c	nimie
*Percent Daily			
*Percent Daily diet.Your daily		e higher or lower	depending
	values may be needs:	e higher or lower	
diet.Your daily on your calorie	values may be needs: Calori	e higher or lower les: 2,000	2,500
diet. Your daily on your calorie Total Fat	values may be needs: Calori Less	e higher or lower les: 2,000 than 65g	2,500 80g
diet. Your daily on your calorie Total Fat Saturated F	values may be needs: Calori Less to the calori Less to the calori Less to the calories to the	e higher or lower les: 2,000 than 65g than 20g	2,500 80g 25g
diet. Your daily on your calorie Total Fat Saturated F Cholesterol	values may be needs: Calori Less to Le	e higher or lower les: 2,000 than 65g than 20g than 300mg	2,500 80g 25g 300mg
diet. Your daily on your calorie Total Fat Saturated F	values may be needs: Calori Less to Le	e higher or lower les: 2,000 than 65g than 20g than 300mg	2,500 80g 25g 300mg





Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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