

# 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.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 360	
% Daily Value *	
Total Fat 16g	
Saturated Fat 7g	
Trans Fat	
Cholesterol 60mg	
Sodium 239mg	
Total Carbohydrate 33g	
Dietary Fiber 6g	
Sugars 7g	
Protein 22g	
Vitamin A 313mcg RAE	Vitamin C 18mg
Calcium 82mg	Iron 5mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Calories: 2,000 2,500
Saturated Fat	Less than 65g 80g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

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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.

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