# **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 kidney beans (or bean of choice), cooked or canned
- 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, beans, carrots, corn,tomatoes, and cooked pasta to the beef and onion mixture.
- 5. Heat on high for about 10 minutes.

Nutil	uon	Fa	CIS
Serving Size 1	cup		
Servings Per Co	ntainer 8		
Amount Per Ser	ving		
Calories 360			
		% Dai	ly Value
Total Fat 16g			
Saturated F	at 16g		
Trans Fat			
Cholesterol 60n	ng		
Sodium 239mg			
Total Carbohydr	ate 33g		
Dietary Fibe			
Sugars 7g			
Protein 22g			
riotomizzg			
Vitamin A 313m	icg RAE	Vitamin C	18m
Calcium 82mg	g	Iron	5mg
*Percent Daily Valu diet.Your daily value on your calorie nee	es may be hi	gher or lower	
Total Fat	Less than		80g
Saturated Fat	Less than		25g
Cholesterol Sodium	Less than		300mg 2,400mg
		300g	375g
Total Carbohydrate			



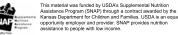


Kansas State University Agricultural Experiment Station and Cooperative Extension Service

and Cooperative Extension Service

K-State Research and Extension is an equal opportu-

n-State Nesearch and extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Flores Director.



It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

## **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 kidney beans (or bean of choice), cooked or canned
- 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, beans, carrots, corn,tomatoes, and cooked pasta to the beef and onion mixture.
- 5. Heat on high for about 10 minutes.







Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D.



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.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.