

# 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.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 360	
% Daily Value *	
Total Fat	16g
Saturated Fat	16g
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.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
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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