



Mealtime Beef & Veggie Soup



1/6 of recipe (about 2 cups): 213 calories, 4.5g total fat (1.5g sat. fat), 783mg sodium, 21.5g carbs, 4g fiber, 6.5g sugars, 22.5g protein

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Prep: 15 minutes **Cook:** 45 minutes



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Ingredients

1 lb. raw extra-lean ground beef (at least 95% lean)
1/4 tsp. salt, or more to taste
1/4 tsp. black pepper
2 cups roughly chopped cabbage
One 14.5-oz. can fire-roasted diced tomatoes (not drained)
10 oz. (about 1 medium) russet potato, cubed
1 cup chopped carrots
1 cup chopped onion
1 tbsp. chopped garlic
1 tsp. Italian seasoning
2 bay leaves
6 cups reduced-sodium beef broth
4 cups spinach
1 cup frozen cut green beans
Optional topping: grated Parmesan cheese

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add beef, salt, and pepper. Cook and crumble until beef is browned, about 3 minutes.

Add all remaining ingredients except spinach and green beans. Mix well. Bring to a boil.

Reduce to a simmer. Stirring occasionally, cover and cook for 25 minutes, or until beef is fully cooked and veggies are tender.

Remove and discard bay leaves. Stir in spinach and green beans. Stirring occasionally, cook until spinach has wilted and green beans are hot, about 3 minutes.

MAKES 6 SERVINGS

HG FYI: Not all beef broths are gluten free, so read labels carefully if that's a concern.

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