

# Italian Beef and Bean Soup

## Soup of the Month January - 2015



**Souper solution.** Serve this soup with a salad and breadsticks and make it a quick and easy meal in minutes.

**Prep Time:** 20 Min

**Start to Finish:** 40 Min

**Makes:** 5 servings (about 1 1/2 cups each)

### INGREDIENTS

2 teaspoons all-purpose flour  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 lb. boneless beef round steak, cut into 1/2-inch cubes  
1 tablespoon olive or canola oil  
1 can (15 oz.) cannellini beans, drained, rinsed  
1 can (14.5 oz.) organic diced tomatoes with basil and garlic, un-drained  
2 cups frozen mixed vegetables  
3 cups water  
Grated Parmesan cheese, if desired

### DIRECTIONS

1. In 1-quart re-sealable food-storage plastic bag, place flour, salt and pepper. Seal bag; shake until blended. Add beef; seal bag and shake until beef is evenly coated with flour mixture.
2. In 3-quart heavy saucepan or Dutch oven, heat oil over medium-high heat. Add beef; cook 4 to 5 minutes, stirring occasionally, until brown on all sides.
3. Stir in remaining ingredients except cheese. Heat to boiling. Reduce heat; simmer uncovered 15 to 20 minutes or until vegetables are tender. Serve with cheese.

**Recipe Provides:** Fats & Oils 1tsp, Meat & Beans 3oz-equivalents, Vegetables 1c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	5 g	<b>Saturated Fat:</b>	1 g
<b>Calories:</b>	230	<b>Calories from Fat:</b>	45	<b>Carbohydrates:</b>	25 g
<b>Cholesterol:</b>	35 mg	<b>Dietary Fiber:</b>	6 g	<b>Sodium:</b>	260 mg
<b>Sugars:</b>	3 g	<b>Protein:</b>	21 g		



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)