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Beef Vegetable Soup

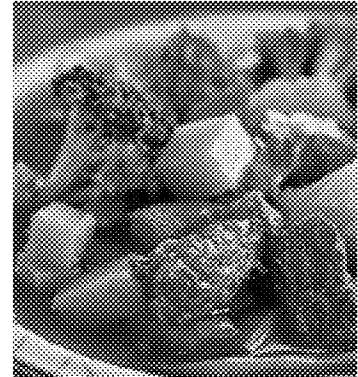
Wendy Kalen

Photo

Make double the recipe and freeze in small ziplock bags for a quick and nutritious lunch or dinner. Antioxidant-rich escarole adds flavor and texture to this hearty main-course soup.

Ingredients

2 tablespoons butter
 1 teaspoon dried thyme
 8 ounces mushrooms, sliced
 1 portabello mushroom, diced
 1 1/2 teaspoons salt, divided
 3/4 teaspoon black pepper, divided
 1/2 cup red wine
 2 tablespoons olive oil
 1 1/2 pounds stew meat, trimmed and cut into dice
 1 small onion, diced
 2 garlic cloves, pushed through a press
 1 small carrot, diced
 1 celery stalk, diced
 1 cup canned diced tomatoes
 2 cans (14.5 ounces each) beef broth, plus 2 cans water
 1 bunch escarole, washed, tough ribs trimmed, cut into 1/2" strips



[IN BRIEF]

Servings: 8
 Prep time: 25 minutes
 Bake/Cook time: 35 minutes

[NUTRITION PER SERVING]

Carbohydrates: 7 grams
Net Carbs: 4 grams
Fiber: 3 grams
Protein: 19.5 grams
Fat: 12.5 grams
Calories: 231

Good for
 Atkins Passes:

Directions

1. In large non-stick skillet melt butter over medium-high heat; add thyme and mushrooms; sprinkle with 1 teaspoon salt and 1/4 teaspoon pepper. Cook 10 minutes or until almost dry. Add wine; cook 3 minutes until syrupy.
2. Meanwhile, toss meat with remaining teaspoon salt and teaspoon pepper. In large pot over medium-high heat, heat olive oil; add onion and garlic. Cook 3 to 5 minutes until onions are translucent, stirring occasionally. Raise heat to high; add stew meat. Cook 10 minutes until browned. Add carrots, celery tomatoes, broth and water. Bring to boil, reduce heat, simmer 15 minutes; add escarole and skillet mixture. Simmer 10 minutes until escarole is cooked.

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Beef_Vegetable_Soup.html

