

# Beef, Tomato and Vegetable Soup

This simple recipe is full of vegetables that are inexpensive and available year-round. Try this healthy and hearty soup to help you meet your goal of 7–10 Canada’s Food Guide servings of Vegetables and Fruit every day.



## Ingredients:

2 Tbsp	Canola oil	30 mL
1 lb	Lean ground beef	454 g
1 medium	Onion, diced	1 medium
½ cup	Celery, minced	125 mL
2 Tbsp	Tomato paste	30 mL
8 cups	Water	2 L
1–14 ounce can	No salt added canned tomatoes	1–398 mL can
2 lb / 1 bag	Mixed frozen vegetables	1 kg bag
1 cup	Potato, diced	250 mL
2 Tbsp	Parsley, dried	30 mL
1 tsp	Oregano, dried	5 mL
1 tsp	Basil, dried	5 mL
1 tsp	Garlic powder	5 mL
3 cups	Small whole grain pasta, dry	750 mL

## Directions:

1. In a large pot, heat half of the oil, add ground meat and cook until browned. Drain fat from meat and set meat aside.
2. In the same pot, heat remainder of oil, add onion; cook on medium heat until onion is soft. Add the cooked ground beef, celery and tomato paste.
3. Add water and bring to a boil.
4. Add canned tomatoes, mixed vegetables and potato, and stir. Bring to a boil.
5. Add parsley, oregano, basil, and garlic powder, and stir.
6. Add pasta; bring to a boil and then reduce heat.
7. Cook on medium heat for 10–15 minutes or until pasta is cooked.
8. Adjust seasoning to taste; add more water if soup is too thick.

Makes 12 servings (375 mL/ 1 ½ cups/ 405 g)

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<b>Nutrition Facts</b>	
Per 1 serving (1 ½ cups / 375 mL / 405 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 260	
<b>Fat</b> 7 g	<b>11 %</b>
Saturated 2 g + Trans 0 g	<b>10 %</b>
<b>Cholesterol</b> 20 mg	
<b>Sodium</b> 140 mg	<b>6 %</b>
<b>Carbohydrate</b> 36 g	<b>12 %</b>
Fibre 5 g	<b>20 %</b>
Sugars 6 g	
<b>Protein</b> 14 g	
Vitamin A	150 %
Vitamin C	15 %
Calcium	6 %
Iron	20 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
High in fibre	5 g
Low in saturated fat	2 g
Low in sodium	140 mg
High in potassium	454 mg
Source of calcium	63 mg
High in magnesium	59 mg
Source of folate	24 mcg
High in iron	3 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1 ½
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	½

This is a Choose Sometimes recipe (Mixed Dish–Soup, meal style) according to the Alberta Nutrition Guidelines.