

# Hearty Vegetable Beef Soup

Frozen vegetables, canned tomatoes, and chicken broth make this an easy soup to throw together on a cold work night. Noodles and beef make it extra hearty and comforting.

Makes: 4 Servings  
 Prep Time: 5 minutes  
 Cook Time: 40 minutes

Source: MyPlate Kitchen

## Ingredients

- 3/4 can chicken broth (low sodium, 14.5 ounces)
- 1/2 cup water
- 2 cups mixed vegetables (frozen, for soup)
- 1 can tomatoes (14.5 ounces, broken up)
- 4 ounces beef (cooked and diced)
- 1 teaspoon thyme leaves (crushed)
- 1 dash pepper
- 1/4 teaspoon salt
- 1 bay leaf
- 1 1/4 cups noodles (narrow-width, uncooked)

## Directions

1. Heat broth and water. Add vegetables, meat and seasonings. Bring to boil, reduce heat and boil gently, uncovered, for 15 minutes.
2. Add noodles. Cook until noodles are tender, about 10 minutes.
3. Remove bay leaf. Serve hot.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1 cup, 1/4 of recipe	
Nutrients	Amount
Calories:	173
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	28 mg
Sodium:	331 mg
Total Carbohydrates:	25 g
Dietary Fiber:	6 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	12 g

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Can opener
- Large pot

# SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: \$12.85

Average cost/serving: \$3.21

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Low Sodium Chicken Broth,  
14.5 oz



Add 1 to Cart  
Beef Cubes, 1 lb



Add 1 to Cart  
Frozen Mixed Vegetables,  
12 oz



Add 1 to Cart  
Egg Noodles, 16 oz



Add 1 to Cart  
Diced Tomatoes (No Salt  
Added), 14.5 oz



Add 1 to Cart  
Bay Leaves, 0.15 oz

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Preparation Tips

- Use a whole wheat pasta option to add an extra serving of whole grains to your day!

### Similar Recipes

- Consider trying similar recipes found on [snapedny.org](http://snapedny.org), such as:
  - Beef Barley Soup
  - Beef & Vegetable Soup
  - Classic Chicken Soup
  - Slow Cooker Italian Vegetable Stew