HEARTY BEEF, CARROT & POTATO SOUP

INGREDIENTS

2–3 cups cooked beef, shredded or diced
4 large potatoes, peeled and diced
4 carrots, sliced or chopped
1 small onion, diced
3 cloves garlic, minced
6 cups beef broth (use leftover roast broth if available)
1 can diced tomatoes (14.5 oz)
1 tsp dried thyme
1 tsp dried parsley
Salt & pepper to taste

DIRECTIONS

1. In a large pot, sauté onion and garlic until soft.
2. Add carrots and cook for a few minutes.
3. Add potatoes, broth, tomatoes and seasonings. Bring to a boil.
4. Reduce heat and simmer until potatoes and carrots are tender.
5. Add cooked beef and heat through. Adjust seasonings and serve.

NUTRITION INFORMATION

ESTIMATED YIELD: 8 SERVINGS

PER SERVING (APPROXIMATE)

CALORIES: 260–340
PROTEIN: 19–26G
FAT: 5–12G
FIBER: 4–6G
SUGAR: 5–8G
Estimates vary with beef cut and broth.

💛 SIMPLE TIPS

- Use leftover roast beef and broth for even more flavor and an easy second meal!
- Dice potatoes evenly for consistent cooking.
- Refrigerate leftovers promptly.

📱 SCAN FOR MORE RECIPES

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