

## Beef Vegetable Soup

Beef Vegetable Soup is a delicious and nutritious combination of carrots, green beans, canned diced tomatoes, celery and onions, all simmered in a rich beef broth.

### CACFP Home Childcare Crediting Information

1 cup (8 fl oz ladle) provides  $\frac{3}{8}$  cup vegetable ( $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{8}$  cup other vegetable), and 1 oz equivalent meat.



**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Makes:** 6 servings

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## Ingredients

- $\frac{3}{4}$  cup or 7 oz Raw ground beef  
no more than 10% fat
- 2 cups or 16 oz Low-sodium beef broth
- 2 cups or 13 oz Canned no-salt-added diced  
tomatoes, undrained
- $\frac{1}{2}$  cup or 2 oz Fresh celery, chopped
- $\frac{1}{2}$  cup or 2 oz Fresh onions, chopped
- $\frac{1}{2}$  tsp Salt
- $\frac{1}{8}$  tsp Ground black pepper
- 1 tsp Onion powder
- 1 tsp Salt-free seasoning
- 2  $\frac{1}{4}$  tsp Garlic powder
- $\frac{1}{8}$  tsp Dried parsley
- 2  $\frac{1}{4}$  tsp Ancho chili powder
- Or
- 2  $\frac{1}{4}$  tsp Mexican seasoning mix  
(See Notes Section)
- $\frac{3}{4}$  cup or 3 oz Frozen corn
- 1 cup or 5 oz Frozen peas and carrots
- $\frac{3}{4}$  cup or 2 oz Frozen green beans

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## Directions

- 1** Place ground beef in a large pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
- 2** Critical Control Point:  
Heat to 165 °F or higher for at least 15 seconds.
- 3** Remove meat from heat. Drain beef in a colander.
- 4** Return meat to heat.
- 5** Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, parsley and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
- 6** Add corn, peas and carrots, and green beans.
- 7** Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
- 8** Critical Control Point:  
Heat to 165 °F or higher for at least 15 seconds.
- 9** Pour soup into a large soup bowl.
- 10** Critical Control Point:  
Hold at 140 °F or higher until served.
- 11** Serve 1 cup (portion with 1 cup measuring cup or 8 fl oz ladle).

**Notes Section:**

**Mexican Seasoning Mix:**  $\frac{3}{4}$  cup (about 4  $\frac{1}{2}$  oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder,  $\frac{1}{4}$  tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

**Source:**

CACFP Home Childcare 6-Serving Recipe Project

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**Nutrients Per Serving:** **Calories** 98 **Protein** 9 g, **Carbohydrates** 9 g, **Dietary Fiber** 2 g, **Total Sugars** 3 g, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 22 mg, **Sodium** 388 mg, **Vitamin A** 119 mcg RAE, **Vitamin C** 4 mg, **Vitamin D** 0 mg, **Calcium** 21 mg, **Iron** 1 mg, **Potassium** 278 mg.

