

Vegetable Beef Soup

Makes 1 serving (1 protein, 1 vegetable)

22 grams protein

9 grams fat

190 calories

Ingredients

- 100 grams lean beef, cubed
- 1½ cups celery, cabbage, or tomato, diced (cabbage or tomato adds an additional 25 calories)
- 2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup of broth)
- 1 tablespoon onion, chopped
- 1 clove of garlic, crushed and minced
- 1 bay leaf
- ⅛ teaspoon dried basil
- ⅛ teaspoon fresh or dried oregano
- Pinch of thyme
- Pinch of paprika
- Pinch of chili powder
- Sea salt and pepper to taste

PHASE 3 MODIFICATIONS:

Add additional vegetables such as zucchini, bell peppers or a small amount of chopped carrots.

Directions

1. Combine onion, garlic, and spices with beef broth.
2. Add celery and diced beef.
3. Simmer for 20-30 minutes.
4. Add tomatoes & simmer for an additional 5 minutes.

