

BEEF AND POTATO SOUP

 15 minutes
 2 hours and 30 minutes
 2 portions

INGREDIENTS

- 500 grams of beef, mince, raw, extra lean
- 1 medium onion, blended
- 4 cloves of garlic, minced
- 2 medium sticks of celery, finely chopped
- 2 carrots, cut into cubes
- 1 Tablespoon thyme, rosemary, parsley, oregano
- 400 grams of potatoes, new and salad, flesh only, raw
- 1000 grams of water
- 1 level teaspoon of pepper, black (2 g)
- 1 level teaspoon of salt (5 g)

COOKING METHOD

- 1º Cook and stir beef and garlic in a large saucepan over medium-high heat until browned and crumbly, 5 to 7 minutes.
- 2º Pour water into the pot and add potatoes, onion, celery, carrots, parsley, rosemary, thyme, and oregano. Reduce heat and simmer until potatoes are tender, about 30 minutes. Season with salt and pepper.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (900 g)	% DRI
ENERGY	46 kcal	412 kcal	21 %
PROTEIN	5 g	49 g	97 %
CARBOHYDRATE	4 g	33 g	13 %
SUGARS	1 g	8 g	9 %
FAT	1 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	0 g	4 g	22 %
FIBER	1 g	10 g	39 %
SODIUM	113 mg	1013 mg	42 %