

Grandma's Beef Vegetable Soup

Servings: 4

RECIPE BOX

Who doesn't like recipes from Grandma? Another favorite for the slow cooker or crockpot, full of hearty ingredients. Bok choy has protein, fiber and tons of vitamins and minerals!



INGREDIENTS

1 lb. BONELESS CHUCK ROAST, CUBED
1 SMALL HEAD of CABBAGE or BOK CHOY
1 MEDIUM YELLOW ONION, DICED
3 WHOLE CARROTS, DICED
2 MEDIUM POTATOES, DICED
1 CAN WAX BEANS (optional)
SALT AND PEPPER TO TASTE

DIRECTIONS SLOW COOKER

STEP 1: Place all ingredients in a slow cooker or crockpot, cover with water.

STEP 2: Cook on low for 6 hours.

DIRECTIONS STOVE TOP

STEP 1: Place chuck roast in large pot, cover with water. Cook on med-high for 4 hours, covered.

STEP 2: Skim fat off top of water. Add remaining ingredients and cook for 1 more hour.

GF This recipe is gluten free as written.

V Skip the beef roast and add lentils, extra beans and extra veggies.

Nutrition per Serving: Calories 387, Fat 20g, Carbs 25g, Fiber 6g, Sugars 7g, Protein 27g