

# Italian Vegetable Beef Soup

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-squash-stew-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 2 zucchinis quarter chopped
- 2 squash quarter chopped
- 3 carrots chopped
- 1 onion large, chopped
- 2 garlic cloves minced
- 2 cups green beans cut in 1 inch pieces
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 pinch salt and pepper
- 32 ounces diced tomatoes Italian, with juices
- 6 cups chicken broth
- 1 1/4 pounds lean ground beef or bison, cooked and crumbled
- cooked pasta small, optional
- Parmesan cheese optional

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 90 milligrams
4. Fat: 18 grams
5. Fiber: 8 grams
6. Protein: 44 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 390 milligrams
9. Sugar: 16 grams

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