

Beef, Potato and Quinoa Soup

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-beef-potato-stew-recipe>

Ingredients:

- 2 teaspoons olive oil
- 6 1/2 scallions chopped
- 2 cloves garlic minced
- 1 tomato diced
- 1 teaspoon cumin
- 1/2 teaspoon sazon Badia, with Annato
- 1/2 pound beef cubed into small bite size pieces, I used beef tenderloin
- 5 cups water
- beef bullion
- 1 carrot peeled and sliced
- 2 tablespoons yellow bell pepper diced
- 2 potatoes medium, peeled and cubed
- 1 cup cooked quinoa
- 6 tablespoons chopped cilantro fresh
- pepper
- salt

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 40 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 16 grams
7. SaturatedFat: 4 grams
8. Sodium: 270 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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