

Italian Beef and Vegetable Soup

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beef-and-sausage-pie-recipe>

Ingredients:

- 1 tablespoon grass-fed butter or ghee
- 1/2 red onion large, chopped
- 3 cloves garlic minced
- 3 celery stalks chopped
- 3 carrots large, sliced
- 1 1/2 pounds ground beef grass-fed
- 1/2 pound Italian pork sausage
- black pepper
- sea salt
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1 pinch cayenne pepper
- 1 bay leaf large
- 5 1/2 cups beef and/or chicken bone broth, preferably homemade
- 1 box tomato sauce ~18 oz unsweetened, I used this brand
- 2 1/2 tablespoons tomato paste
- 3 medium zucchini “noodled” with a spiralizer or julienne peeler
- 1/2 cup fresh basil chopped, plus extra for topping, if desired
- Parmesan cheese for topping, optional and if tolerated

Nutrition:

1. Calories: 1340 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 380 milligrams
4. Fat: 94 grams
5. Fiber: 5 grams
6. Protein: 104 grams
7. SaturatedFat: 38 grams
8. Sodium: 1140 milligrams

9. Sugar: 9 grams
 10. TransFat: 5 grams
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