

Russian Soup

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-russian-soup-recipe>

Ingredients:

- 2/3 pound beef sirloin boneless, or chuck
- 1/2 small onion
- 1/4 cup oil
- 1/2 cup barley
- 1 medium potato
- 2 small carrots
- 1 cucumber small
- 1 tablespoon peppercorns
- 1/3 cup flat leaf parsley
- 4 cups water
- salt to taste

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 30 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 22 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 280 milligrams
9. Sugar: 4 grams

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