

# Southern Style Homemade Vegetable Beef Soup

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-homemade-vegetable-beef-soup-recipe>

## Ingredients:

- 1 tablespoon vegetable oil
- 1 medium onion chopped
- 3/8 pound stew beef cut into bite sized pieces
- 48 ounces beef stock
- 3/4 cup carrots sliced
- 1 cup okra sliced
- 3/4 cup baby lima beans
- 28 ounces canned tomatoes
- 3/4 cup corn frozen, fresh or canned
- 1 cup potatoes diced
- 8 ounces green beans
- 1 tablespoon salt or to taste

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 63 grams
3. Fat: 4 grams
4. Fiber: 17 grams
5. Protein: 22 grams
6. Sodium: 2740 milligrams
7. Sugar: 12 grams

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