

# Beef Vegetable Soup

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 5 pounds chuck or shoulder beef roast
- 1 can tomato juice
- 2 cans stewed tomatoes or diced
- 14 ounces beef broth
- 1 bag veggies frozen, for soup
- 1/2 onion chopped
- 1/2 cup celery diced
- 4 potatoes diced
- 1 cup baby carrots diced
- 1/2 cabbage a head of, chopped
- 1 tablespoon worcestershire sauce
- 3 tablespoons beef base a good
- salt
- pepper

## Nutrition:

1. Calories: 1600 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 375 milligrams
4. Fat: 102 grams
5. Fiber: 9 grams
6. Protein: 115 grams
7. SaturatedFat: 40 grams
8. Sodium: 1010 milligrams
9. Sugar: 5 grams

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