

Beef Noodle Soup

Yield: about 24 (8 oz) servings

Ingredients	Measure		Nutrition per Serving	
	24 - 8 oz			
Beef round, cut into cubes	2 lb		Calories	120
Chopped onions	1½ lb (3½ cups)		Total Fat g	2.5
Chopped carrots	1¼ lb (3½ cups)		Saturated Fat g	1
Chopped celery	1 lb (3½ cups)		Cholesterol mg	15
Sliced fresh mushrooms	6 oz (2 cups)		Sodium mg	250
Water	1½ gallons		Carbohydrate g	12
Med-Diet® Low Sodium Beef Soup Base	5 oz (¾ cup)		Fiber g	1
Egg noodles	4½ oz (3 cups)		Sugar g	2
Bay leaf	1		Protein g	10
Ground black pepper	to taste			

Preparation

1. In stockpot, cook beef, stirring frequently, until browned. Transfer to plate. Add onions, carrots, celery and mushrooms; sauté until softened.
2. Add water and soup base to stockpot; whisk until blended.
3. Return beef to stockpot. Add noodles and bay leaf; cover pot. Bring to a boil; reduce heat to low. Simmer, stirring occasionally, 10 to 12 minutes or until noodles are just softened and soup is 165°F.
4. Season soup with pepper. Remove bay leaf before serving.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Beef Soup Base	6 – 16 oz	42 gal	K9196