



# Protein beef soup

Total: 156 min · Prep: 52 min · Cook: 104 min · 1 servings · Easy · Dinner

Gluten-Free

Dairy-Free

## INGREDIENTS

150 g Beef

100 g Potato

50 g Carrot

30 g Onion

50 g Celery stalk or spinach

12 g Garlic and ginger

1 tbsp Tomato paste

## INSTRUCTIONS

- 1 Cut beef into cubes, sear in a pot with 1 tbsp oil until golden. Add 1.5-2 liters of water, bring to a boil, skim the foam and simmer on low heat for 40-50 minutes.
- 2 While meat cooks, prepare vegetables: dice potato, carrot, onion and celery. Finely chop garlic and ginger. Add vegetables to the beef (spinach is added at the end). Add tomato paste, salt, pepper, bay leaf and cook for 20-30 more minutes.
- 3 5-10 minutes before done, add garlic and ginger. If using spinach, add it 2-3 minutes before the end. Serve hot, optionally sprinkle with herbs or add sour cream.

**Nutrition per serving:** 480 kcal · Protein **31.0 g** · Fat **20.0 g** · Carbs **47.0 g** · Fiber **6.4 g**