



Soup with meat and green peas

Total: 39 min · Prep: 13 min · Cook: 26 min · 1 servings · Easy · Dinner

Gluten-Free

INGREDIENTS

100 g Frozen peas

50 g Carrot

150 g Veal or ground veal

1 tsp Oil

50 g Cream 10%

200 ml Water

INSTRUCTIONS

- 1 Cut veal into pieces. Boil the sliced veal in 200 ml of water for 12 minutes.
- 2 Add peas to the pot. Finely chop carrot and add it along with your favorite spices and other ingredients.
- 3 Continue cooking the soup for 15 more minutes until fully done. The soup is ready!

Nutrition per serving: 423 kcal · Protein **38.0 g** · Fat **22.0 g** · Carbs **12.0 g** · Fiber **7.1 g**