



Nutrition Facts

Serving Size 1 12th recipe

Amount Per Serving

Calories 260

% Daily Value

Total Fat 13g **20%**

Saturated Fat 4.5g **23%**

Cholesterol 35mg **12%**

Sodium 1380mg **58%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Protein 15g **30%**

Vitamin A % Vitamin C %

Calcium % Iron %



Total Time
**NOT
AVAILABLE**


Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. In stockpot, prepare soup with water as directed.
2. Sauté beef, carrots, garlic, salt and pepper in oil for 3 to 5 minutes or until beef starts to brown.
3. Stir beef mixture into soup; bring to simmer. Cook for 2 to 3 minutes or until heated through.

 **TIP**

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tsp (10 mL) green onions, 1 tsp (5 mL) hot sauce, and 3/4 tsp (4 mL) sesame seeds.