



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.