



**GREEN  
CHEF**

## VEGETABLE BEEF SOUP

*carrot, celery, green beans, Italian herbs, Parmesan*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

650

### NET CARBS PER SERVING

17 GRAMS

### MENU

KETO // GLUTEN-FREE // FAST & FIT

Warm up your week with tonight's veggie-loaded from-scratch soup. It all starts with carrot, celery, onion, and beef seasoned simply with salt and pepper and cooked until tender. Green beans are stirred in before everything is simmered in a creamy tomato broth seasoned with Italian herbs. We suggest keeping a tasting spoon nearby to sample the soup as you go, seasoning with salt and pepper as needed to perfectly customize it to your taste preferences. Once it's done to your liking, ladle the soup into bowls and top with nutty Parmesan cheese.

### INGREDIENTS (8 ITEMS)

1 whole	<b>Carrot</b>
1¾ oz	<b>Celery</b>
1 whole	<b>Yellow onion</b>
6 oz	<b>Green beans</b>
10 oz	<b>Ground beef*</b>
7 oz	<b>Tomato cream sauce</b> <small>M T</small>
½ tsp	<b>Italian herb &amp; red pepper blend</b>
1 oz	<b>Parmesan cheese</b> <small>M</small>

### WHAT YOU'LL NEED

medium pot  
measuring cup & spoons  
peeler  
cooking oil  
salt & pepper

### ALLERGENS

M MILK  
T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Ground beef is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

## PREP

- Cut top off **carrot** and peel. Halve lengthwise. Lay flat and slice into half-moons, about ¼ inch thick.
- Halve **celery** lengthwise. Slice across into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Trim stem ends off **green beans**. Cut into pieces, about 1 inch long.

COOKING FOR  
4

*If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.*



2

## COOK VEGGIES

- Heat 1 tablespoon cooking oil in a medium pot over medium-high heat. Add **carrot**, **celery**, and **onion** to hot pot. Season with ½ teaspoon salt and a pinch of pepper. Stir to combine. Cook 5-7 minutes, or until veggies begin to brown, stirring occasionally.



3

## ADD BEEF

- Add **ground beef** to pot with **veggies**. Season with salt and pepper. Cook 4-5 minutes, or until no longer pink, breaking up **beef** into pieces.



4

## FINISH SOUP

- Carefully add **green beans**, **tomato cream sauce**, and about 1½ cups water to pot with **beef and veggies**. Season with **Italian herb and red pepper blend**, ½ teaspoon salt, and ¼ teaspoon pepper. Bring to a boil, then reduce heat to medium low. Simmer 6-8 minutes, or until veggies are tender, stirring occasionally.



5

## PLATE YOUR DISH

- Divide **vegetable beef soup** between bowls. Garnish with **Parmesan cheese**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (459g)

**Amount per serving**

**Calories** 650

	% Daily Value*
<b>Total Fat</b> 47g	60%
Saturated Fat 19g	95%
Trans Fat 1g	
<b>Cholesterol</b> 140mg	47%
<b>Sodium</b> 1960mg	85%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 2g Added Sugars	4%
<b>Protein</b> 35g	
Vitamin D 0mcg	0%
Calcium 296mg	25%
Iron 5mg	30%
Potassium 1036mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ground Beef** [beef], **Yellow Onion**, **Celery**, **Carrots**, **Green Beans**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Creamy Tomato Sauce** (Whipping Cream [organic grade A cream (milk), carrageenan], Coconut Milk [coconut milk, water, xanthan gum], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Water, Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate ], White Pepper, Sea Salt, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Granulated Garlic, Nutmeg, Agave [organic agave syrup]), **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

### Allergen information:

Contains Milk And Tree Nuts

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*

