

Beefy Bean Soup

Got soup? Here's a hearty beef soup that's loaded with beans and vegetables. It's a meal all in itself.

- 1 tablespoon vegetable oil
- 3/4 pound beef stew meat, cut into 1-inch pieces
- 1 medium onion, chopped (1/2 cup)
- 3 cups beef broth
- 1 cup dry white wine or beef broth
- 2 tablespoons chopped fresh thyme leaves or 2 teaspoons dried thyme leaves
- 1/4 teaspoon pepper
- 1 bay leaf
- 2 cans (15 to 16 ounces) navy, lima or great northern beans, rinsed and drained
- 4 medium carrots, cut into 1-inch pieces
- 2 medium celery stalks, cut into 1-inch pieces
- Chopped fresh parsley, if desired
- Crumbled cooked bacon, if desired

1. Heat oil in Dutch oven over medium-high heat. Cook beef and onion in oil about 15 minutes, stirring frequently, until beef is brown.
2. Stir in broth, wine, thyme, pepper and bay leaf. Heat to boiling; reduce heat. Cover and simmer about 45 minutes, stirring occasionally, until beef is almost tender.
3. Stir in beans, carrots and celery. Cover and simmer about 30 minutes, stirring occasionally, until vegetables are tender. Remove bay leaf. Sprinkle with parsley and bacon.

Per Serving: Calories 210 (Calories from Fat 65); Total Fat 7 g (Saturated Fat 2 g); Cholesterol 25 mg; Sodium 670 mg; Total Carbohydrate 27 g (Dietary Fiber 8 g); Protein 19 g

% Daily Value: Vitamin A 94 %; Vitamin C 2 %; Calcium 4 %; Iron 22 %

Exchanges: 1 Starch; 2 Vegetable; 2 Very Lean Meat

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