



Beef and Broccoli Stir-Fry Soup

Servings

6

Calories

250

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

1/8 cup light olive oil, divided

1/4 cup sesame oil, divided

1/2 pound stir-fry beef strips

1 tsp salt

1 tsp pepper

2 (12 oz) packages Mann's Broccoli Wokly®, cut into smaller pieces

4 cups beef broth

1/4 cup low sodium soy sauce

Optional: cooked rice



The Method

Heat olive oil in a large pan on medium-high heat. Add onion and cook 6 minutes, stirring often, until fragrant. Stir in beef, salt and pepper. Cook 6–8 minutes, until meat is browned and mostly cooked through.

Add meat mixture to a large pot. Stir in chicken and beef stock, tomato paste and barley. Cook according to barley package directions (about 10 minutes). Stir in vegetable medley and cook 10 minutes more on medium heat. Remove from heat immediately and leave uncovered to prevent vegetables from overcooking.

Nutrition Facts

Serving Size: 375g | Servings: 6

Amount Per Serving

Calories 250 | Total Fat 18g (sat fat 2.5g trans 0g) | Cholesterol 15mg | Sodium 1010mg | Total Carbohydrate 15g | Dietary Fiber 0g | Sugars 8g (Includes 0g Added Sugars) | Protein 10g | Vitamin D 0% | Calcium 6% | Iron 10% | Potassium 10%