Chunky Beef & Broccoli Soup



1/6 of recipe (about 1 1/3 cups): 206 calories, 6g total fat (2g sat. fat), 854mg sodium, 10g carbs, 2g fiber, 3g sugars, 29g protein

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Prep: 15 minutes **Cook:** 3–4 hours or 7–8 hours, plus 5 minutes

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Ingredients

1 1/2 lb. lean beef stew meat, cut into bite-sized pieces
1/2 tsp. salt
1/4 tsp. black pepper
3 cups beef broth
3 cups broccoli florets
1 cup sliced mushrooms
1 cup chopped onion
2 tbsp. reduced-sodium soy sauce
1 tbsp. chopped garlic
2 tbsp. cornstarch

Directions

Place beef in a slow cooker, and season with salt and pepper. Add all remaining ingredients except cornstarch. Add 1 cup water and mix well.

Cover and cook on high for 3–4 hours or on low for 7–8 hours, until beef is fully cooked and tender.

If cooked at low heat, increase to high. In a small bowl, combine cornstarch with 2 tbsp. water. Stir to dissolve. Stir into the liquid in the slow cooker.

Let sit, uncovered, until broth has slightly thickened, about 5 minutes.

MAKES 6 SERVINGS

HG FYI: Not all soy sauces are gluten free. Check labels if that is a concern.

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