

# **BEEF AND BROCCOLI NOODLE SOUP**

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/BeefBroccoliSoup.aspx>

## **Ingredients**

- 1 garlic clove, minced
- 2 green onions, chopped
- 2 Tbsp. low-sodium soy sauce
- 1 tsp. sesame oil
- 8 ounces lean beef, trimmed of excess fat
- 8 ounces egg noodles
- 3-3/4 cups low-sodium beef broth
- 5 baby corns, chopped
- 1 leek, sliced (white part only) or 1 cup chopped onion
- 2 cups broccoli florets
- ½ tsp. chili powder

## **Instructions**

1. In a medium sized bowl, combine garlic, green onions, soy sauce and sesame oil.
2. Slice beef into thin strips\* then add to soy sauce mixture and stir until well-coated. Cover then marinate in refrigerator for at least 30 minutes to 1 hour.  
\*Cook's Tip: Wrap beef in plastic wrap then place in a freezer for about 1/2 hour to partially freeze to make it easier to slice.
3. Cook noodles according to package instructions.
4. Place beef broth in a large saucepan then bring to a boil. Add the beef with the marinade, the baby corns, leek, and broccoli. Cover then lower heat to medium-low and simmer for 10 minutes. Stir in noodles and chili powder, cover and simmer for an additional 3 minutes then serve.

**Makes 4 servings** [Serving Size: ¼ of recipe (401g)]

## **Nutritional information per serving (4 servings)**

Calories	440	Dietary Fiber	3 g
Calories from fat	75	Sugars	0 g
Total Fat	8g	Protein	28 g
Saturated Fat	2 g	Vitamin A	10%
Cholesterol	104 mg	Calcium	6%
Sodium	417 mg	Iron	35%
Total Carbohydrates	63 g	Vitamin C	30%

Percent daily values based on a 2000 calorie diet.



**Wellness Center**