

## Vegetable Beef and Soba Noodle Soup (Gluten Free\*)

Average user rating: ★★★★★ (from 1 user(s))



A beef broth with noodles and mirepoix vegetables.

Yield	1 gal (8 oz each)
Serves	16
Preparation time	10 minutes
Cooking time	15 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	oz	1/4 cup		Butter, unsalted	
9	oz	2 cups		Onions	small diced
8	oz	2 cups		Carrots	small diced
6	oz	1 cup		Celery	small diced
128	oz	16 cups		Water	hot
5	oz	1/3 cup 2 tsp		<b>Minor's® Gluten Free Beef Base made with Natural Ingredients (6x1lb)</b>	
10	oz			Japanese Soba noodle, dried	
16	oz	1 lb		Beef loin	cooked, small diced

### Preparation Steps

1. In a sauce pot, melt butter. Add onions, carrots and celery; sauté 7-8 minutes.
2. Add water, Beef Base, noodles and cooked beef. Mix well. Heat to a boil, stirring occasionally. Reduce heat and gently boil until noodles are tender, about 8-10 minutes.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	246.4
Energy (KJ)	1035.9
Protein (g)	7.4
Carbohydrate, total (g)	17.7
Fats, total (g)	16.3
Fats, saturated (g)	6.4
Sodium (mg)	1131.5
Calcium (mg)	26.9
Cholesterol (mg)	34
Iron (mg)	0.8
Fats, monounsaturated (g)	7.6
Fats, polyunsaturated (g)	0.6
Vitamin A (µg_RAE)	148.4
Vitamin C (mg)	2.5
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

