

Dorothy's Soup

"Fruits of the Spirit" (2001) - Barbara Preston
Grapevine United Methodist Church - Port St. Lucie, FL

1 pound lean ground beef
1 can (8 ounce) tomato sauce
1 package (10 ounce) frozen mixed vegetables
1 package onion soup mix
1 can stewed tomatoes
2 cups water
1 can pinto or kidney beans, drained
1 teaspoon sugar

In a Dutch oven, brown the ground beef. Drain.

Stir in the tomato sauce, vegetables, soup mix. tomatoes, water, beans and sugar.

Bring to a boil. Reduce heat. Simmer for 20 minutes.

Per Serving (excluding unknown items): 1591 Calories; 98g Fat (54.9% calories from fat); 97g Protein; 84g Carbohydrate; 17g Dietary Fiber; 342mg Cholesterol; 5455mg Sodium. Exchanges: 1 1/2 Grain(Starch); 12 Lean Meat; 10 1/2 Vegetable; 12 1/2 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1591
% Calories from Fat:	54.9%
% Calories from Carbohydrates:	21.0%
% Calories from Protein:	24.1%
Total Fat (g):	98g
Saturated Fat (g):	39g
Monounsaturated Fat (g):	42g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	342mg
Carbohydrate (g):	84g
Dietary Fiber (g):	17g
Protein (g):	97g
Sodium (mg):	5455mg
Potassium (mg):	3347mg
Calcium (mg):	265mg

Vitamin B6 (mg):	1.7mg
Vitamin B12 (mcg):	10.6mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	1.5mg
Folacin (mcg):	132mcg
Niacin (mg):	29mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	12
Vegetable:	10 1/2
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 14mg
Zinc (mg): 20mg
Vitamin C (mg): 50mg
Vitamin A (i.u.): 13028IU
Vitamin A (r.e.): 1303RE

Fat: 12 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories	1591	Calories from Fat: 873
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% Daily Values*

Total Fat	98g	151%
Saturated Fat	39g	193%
Cholesterol	342mg	114%
Sodium	5455mg	227%
Total Carbohydrates	84g	28%
Dietary Fiber	17g	69%
Protein	97g	

Vitamin A	261%
Vitamin C	84%
Calcium	26%
Iron	78%

* Percent Daily Values are based on a 2000 calorie diet.