

THIS WEEK'S RECIPE

As seen on hdnews.net



6-Can Soup

(6 servings)

Brown and drain 1 pound ground beef. Add 3 cans (15-ounces) diced tomatoes, 15-ounce can of peas, 15-ounce can whole kernel corn, and 15-ounce can cut green beans (all drained). Add 1 teaspoon beef bouillon. Simmer for 30 minutes or until heated through.



Nutrition Facts

Serving Size (501g)		Servings Per Container	
Amount Per Serving		Calories from Fat 90	
Calories 340			
		% Daily Value*	
Total Fat 10g			16%
Saturated Fat 4g			19%
Cholesterol 65mg			22%
Sodium 860mg			36%
Total Carbohydrate 36g			12%
Dietary Fiber 9g			36%
Sugars 13g			
Protein 29g			
Vitamin A 30%	•	Vitamin C 50%	
Calcium 8%	•	Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat		Less than	65g 80g
Saturated Fat		Less than	20g 25g
Cholesterol		Less than	300mg 300mg
Sodium		Less than	2,400mg 2,400mg
Total Carbohydrate			300g 375g
Dietary Fiber			25g 30g
Calories per gram:			
		Fat 9 • Carbohydrate 4 • Protein 4	

Location of Ingredients

- (at Vine Street Dillon's)
- | | |
|-------------------------|-------|
| ITEM | AISLE |
| Ground Beef .Meat Dept. | |
| Diced Tomatoes | #6 |
| Peas | #6 |
| Corn..... | #6 |
| Green Beans | #6 |
| Beef Bouillon | #6 |

For this nutrition facts label the peas, corn and green beans amounts were listed at 15 ounces. The bouillon was low sodium. 6 servings.



Cooking With Carla is proudly sponsored by:

