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Beef Steak & Black Bean Soup

This hearty and flavorful soup combines tender beef steak with black beans for a satisfying meal. It is perfect for cold winter nights or anytime you want a comforting and nutritious dish.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Beef Steak
200 g	Black Beans
100 g	onion
3 cloves	garlic
150 g	Carrots

100 g	celery
1000 ml	beef broth
50 g	tomato paste
1 tsp	Cumin
1 tsp	Chili powder
1 tsp	Salt
0.5 tsp	Pepper
2 tbsp	olive oil
20 g	fresh cilantro

Directions

Step 1

Sautéing

Heat olive oil in a large pot over medium heat. Add onion, garlic, carrots, and celery. Cook until vegetables are softened.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

Add beef steak to the pot and cook until browned on all sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Simmering

Add black beans, beef broth, tomato paste, cumin, chili powder, salt, and pepper to the pot. Stir well to combine.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Simmering

Reduce heat to low and let the soup simmer for 30 minutes, or until the beef is tender.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Garnishing

Garnish with fresh cilantro before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2000 iu	222.22%	285.71%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	800 mg	23.53%	30.77%
Zinc	4 mg	36.36%	50%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Winter Summer Fall

Events

Picnic

Cuisines

Italian Indian French

Course

Drinks Salads Soups Snacks Sauces & Dressings

Diet

Nutrient Timing Diet The Beverly Hills Diet The Grapefruit Diet The F-Plan Diet

The Israeli Army Diet The Five-Bite Diet The SlimFast Diet

The CICO (Calories In, Calories Out) Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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