BetterBody Foods

# Vegetable Beef Quinoa Stew

**Prep: 30 min Cook: 2 hr Total: 2 hr 30 min Servings: 4**

Calories: 445 Fat: 14g Protein: 31g Carbs: 46g Fiber: 0g

## Ingredients

- 1 onion
- 1 lb ground beef
- 1 dry onion soup mix packet
- 1 Can diced tomatoes
- 1 Can vegetable juice
- 2 cups water
- 3 cups beef broth
- 4 carrots, chopped
- 1 Pint green beans
- 1 Tbsp parsley
- 1 bay leaf
- 1/2 cup BBF organic quinoa
- Dash salt and pepper

## Directions

1. In a large stock pot, cook the ground beef and onion, add the soup mix and stir until beef is completely coated in the mix.
2. Add remaining ingredients, expect quinoa. Bring to a boil, cover and simmer 1 to 2 hours. Add salt and pepper to taste.
3. About 30 minutes before the soup is done, cook the quinoa according to package directions and add to the soup. Remove bay leaf before serving.
4. Enjoy your Vegetable Beef Quinoa Stew!