

Spicy Asian Beef & Snow Pea Soup

From: Campbell's Kitchen

Prep: 5 minutes

Cook: 20 minutes

Serves: 6

No need for takeout...in just 25 minutes you can prepare this deliciously spicy soup featuring tender-crisp vegetables and sautéed sirloin steak strips.

Ingredients:

Vegetable cooking spray

1 boneless beef sirloin steak, 3/4-inch thick, cut into thin strips (about 1 pound)

1 cup whole baby carrots, cut in thin strips

4 ounces fresh snow peas, cut into thin strips

1 medium onion, cut in half and sliced

3 cloves garlic, minced

1 tablespoon minced fresh ginger root

4 cups Swanson® Beef Broth (Regular, Lower Sodium or Certified Organic)

1 tablespoon soy sauce

1/4 teaspoon crushed red pepper

2 cups hot cooked jasmine rice or Chinese-style noodles

Directions:

Spray a 12-inch skillet with cooking spray. Heat over medium-high heat for 1 minute. Add the beef and stir-fry until it's well browned, stirring often. Remove the beef from the skillet with a slotted spoon.

Add the carrots, peas, onion, garlic and ginger root to the skillet. Stir-fry until the vegetables are tender-crisp.

Stir the broth, soy sauce and red pepper into the skillet. Heat to a boil. Return the beef to the skillet and reduce the heat to low. Cook for 5 minutes.



Spoon **1/3 cup** of the rice in each of 6 serving bowls. Divide the soup mixture among the bowls.

Recipe Tips:

Tip: For a change of pace from regular rice, give jasmine rice a try. This type of rice from Thailand is aromatic and has a unique nutlike flavor.

Nutrition Information

Nutritional Values per Serving

Using Swanson® Lower Sodium Beef Broth: : Calories 314, Total Fat 3g, Saturated Fat 1g, Cholesterol 40mg, Sodium 514mg, Total Carbohydrate 49g, Dietary Fiber 3g, Protein 20g, Vitamin A 56%DV, Vitamin C 9%DV, Calcium 3%DV, Iron 13%DV

Nutritional Values per Serving

Using Swanson® Certified Organic Beef Broth: : Calories 313, Total Fat 4g, Saturated Fat 1g, Cholesterol 40mg, Sodium 573mg, Total Carbohydrate 49g, Dietary Fiber 3g, Protein 19g, Vitamin A 56%DV, Vitamin C 9%DV, Calcium 3%DV, Iron 13%DV