



**DIRECTIONS:**

- 1 lb ground beef
- 4 cups water
- 1 pkg Iowa Steak Soup mix

Brown ground beef and drain. Add water and soup mix. Bring to a boil, stirring often. Reduce heat to low and cook 20 minutes, stirring often. *(If desired, substitute 2 cups cooked roast beef in place of ground beef.)*

**Most Popular Cutlery!**



R101 Regular Paring



R132 Vegetable Peeler



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**Nutrition Facts**

Serving Size 1 CUP (226g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 210</b>	Calories from Fat 90
<small>%Daily Value*</small>	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3.5g	<b>19%</b>
Trans Fat 0.5g	
<b>Cholesterol 65mg</b>	<b>21%</b>
<b>Sodium 690mg</b>	<b>29%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber less than 1 gram	<b>3%</b>
Sugars 1g	
<b>Protein 21g</b>	
Vitamin A 20%	Vitamin C 15%
Calcium 4%	Iron 15%

**INGREDIENTS:** Dehydrated Vegetables (Potato, Carrot, Green Bean, Peas, Bell Pepper, Celery and Onion), Beef Base [(Hydrolyzed Soy Protein, Salt, Sugar, Beef Fat (Corn Syrup Solids, Sodium Caseinate, Mono and Di-Glycerides), Onion Powder, Beef Broth, Yeast Extract, Caramel Color, Disodium Inosinate and Guanylate, Natural Flavors, Spices], Wheat Flour (Malted Barley, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Hydrolyzed Plant Protein (Hydrolyzed Corn Gluten, Soy Protein and Wheat Gluten, Partially Hydrogenated Soybean and Cottonseed Oils), Maltodextrin, Tomato Powder, Onion and Garlic Powder, and not more than 2% Silicon Dioxide added to prevent caking.  
CONTAINS MILK, SOYBEAN AND WHEAT PRODUCTS

**IOWA STEAK SOUP**

Item # Q803

Net Wt. 3.2 oz (91 g)