



## NutraFiber® Flakes™

### High Fiber Goulash Soup



#### What you need:

- .65 lbs sliced beef flank
- 1 cup chopped onion
- 2 1/2 cups diced potatoes
- 6 tsp NutraFiber® Flakes™
- 1 can diced tomatoes, including juice
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp brown sugar
- 1 beef bouillon cube
- 1 clove garlic, minced
- 1 tsp oregano leaves
- 3 cups water

#### Instructions:

1. Brown the meat and onions in a saucepan. Season with salt, black pepper and brown sugar.
2. Add the potatoes, bouillon cube, garlic, oregano leaves, NutraFiber Flakes, water and diced tomatoes. After bringing the mixture to a boil, cover and let the soup simmer/boil over medium heat for about 20 minutes.
3. Adjust the amount of salt and spices according to preference.

<b>Nutritional Information</b> <b>Serving size: 1 cup (245 g)</b>	<b>Amount per serving</b>
Total Carbohydrate, g	18.0
Total Fiber, g	5.0
Net Carbohydrate, g	13.0
Total Protein, g	10.0
Total Fat, g	3.0
Total Calories, kcal	121