

# BEEF AND SPINACH SOUP

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

8 ounces beef tenderloin – thinly sliced  
4 large shallots – halved lengthwise and thinly sliced  
4 cloves garlic – finely chopped or crushed  
1 red chili pepper – seeded and finely chopped  
¼ teaspoon fresh ground black pepper  
3 tablespoons fish sauce  
3 pints chicken stock  
1 tablespoon fresh lemon juice  
1 teaspoon sugar equivalent of stevia  
10 ounces fresh baby spinach – washed

### Preparation:

Combine the beef, shallots, garlic, chili, black pepper and fish sauce in a bowl then set aside.

Mix the chicken stock, lemon juice and stevia in a large pot and place over high heat, bringing to a boil.

Add the beef mixture to the pot and return to a boil.

Turn off the burner and mix in the spinach. Cover and let stand for at least two minutes before serving.

### Nutritional Information Per Serving:

Calories: 124  
Fat: 3.9g  
Carbs: 8g  
Fibre: 2g  
Protein: 15.6g