

Hearty Beef and Vegetable Soup

Ingredients:

- 1 pound ground beef, extra lean
- 2 onions, chopped
- 6 medium potatoes, peeled and chopped
- 2 stalks celery, chopped
- 6 carrots, diced
- 48 ounces low sodium tomatoes, canned
- 15 ounces mixed vegetables, canned
- 15 ounces green beans, canned

Equipment:

- Stock pot with lid
- Spatula
- Cutting Board
- Knife
- Mixing spoon
- Can opener
- Colander

Number of Servings: 8
 Prep Time: 20 minutes
 Total Time: 1.5 hours

Directions

1. Heat stock pot to medium. Place ground beef in stock pot and use a spatula to break beef into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned beef on a plate covered with several layers of paper towels to absorb fat. Drain fat from stockpot. Set browned beef aside.
2. Wash and peel onions potatoes, and carrots. Chop onions and add to pot to brown. Cut up potatoes in 1/2" inch cubes and add to pot. Slice carrots and celery and add to pot.
3. Add enough water to cover. Bring to a boil and reduce heat. Cook until tender, about 30 minutes.
4. While vegetables are cooking, open canned vegetables and green beans, pour in a colander, and rinse under cool water to remove sodium. Allow to drain.
5. Add mixed vegetables, green beans and ground beef and bring to a boil. Reduce heat, cover and simmer for 30 minutes. Serve.

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Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 8	
Amount Per Serving	
Calories 306	Calories from Fat 99
%Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Cholesterol 0mg	0%
Sodium 210mg	9%
Potassium 1462mg	42%
Total Carbohydrate 39g	13%
Dietary Fiber 9g	36%
Protein 17g	34%
Vitamin A 205%	Vitamin C 98%
Iron 22%	Calcium 11%

*Percent Daily Values are based on a 2,000 calorie diet.

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