



Ground Beef Vegetable Soup

Description

This ground beef soup recipe is full of vegetables for a satisfying, very easy, and delicious meal to serve any time of the year. Serve with saltine crackers and chunks of sharp cheese.

- Prep Time: 20 mins
- Cook Time: 1 hr 15 mins
- Total Time: 1 hr 35 mins

Ingredients

- 2 pounds of ground beef
- 4 carrots, diced
- 4 celery ribs, chopped
- 1 onion, chopped
- 4 potatoes, peeled and cut into 1-inch pieces
- 1 (15.25 ounce) can whole kernel corn, drained and rinsed
- 1 (15 ounce) can green beans, drained and rinsed
- 1 (15-ounce) can of peas, undrained
- 1 (15 ounce) can tomato sauce
- 1 (14.5 ounce) can whole tomatoes, crushed
- ground black pepper to taste
- 1 bay leaf, or more to taste
- ? teaspoon ground thyme
- ¼ cup water, as needed

Directions

1. Crumble ground beef into a stockpot over medium-high heat; cook and stir until beef is crumbly, evenly browned, and no longer pink, 7 to 10 minutes. Drain and discard any excess grease.
2. Stir in carrots, celery, and onion; cook and stir until vegetables are soft, about 5 minutes.
3. Stir in potatoes, corn, green beans, undrained peas, tomato sauce, and crushed whole tomatoes. Season with black pepper; add bay leaf and thyme.

Pour in 1/4 cup water if needed, replenishing as needed while cooking.

4. Bring soup to a simmer; cover and cook, stirring regularly, until potatoes are tender, about 1 hour.
5. Serve hot and enjoy!

Nutrition Facts

per serving 598 calories total fat 20g saturated fat 8g cholesterol 95mg sodium 1153mg total carbohydrate 71g dietary fiber 14g total sugars 19g protein 37g vitamin C 47mg calcium 187mg iron 7mg potassium 2042mg

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