

Hearty Hamburger Soup



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Makes 16 Servings

What You Need

This recipe makes a large batch of soup and is perfect for freezing in small containers for quick lunch and supper meals.

1 lb (500 g) lean ground beef
1 medium onion (chopped fine)
1 can (28 oz.) tomatoes
1 can (19 oz.) lentils or any other type of beans drained and rinsed
1 can (10 oz.) tomato soup
8 cups (2 L) vegetable/beef broth
4 carrots (finely chopped)
3 sticks celery (finely chopped)

8 tbsp. Barley
2 medium potatoes (diced into small pieces)
Parsley
1/2 tsp Thyme
Pepper
1 Bay Leaf

Per Serving

Calories 190
Carbohydrates 22 g
Protein 15 g
Fat 5 g
Dietary Fiber 4 g

How You Prepare

Brown beef and onions and drain off fat. Combine all remaining ingredients in a large pot. Simmer covered for at least 2 hours. Note: you may need to add more water if soup seems too thick.