

VEGETABLE BEEF SOUP

INGREDIENTS

50 MINUTES 6 SERVINGS

- 1 yellow onion, diced
- 2 cloves garlic, minced
- 2 Tbsp olive oil, or oil of choice
- 1 lb. lean ground beef
- 1 sweet potato, 1/2 inch cubes
- 1 28oz. can diced tomatoes
- 1.5 tsp Italian seasoning
- 1/4 tsp black pepper
- 4 cups beef broth, low sodium
- 2 Tbsp Worcestershire sauce, optional
- 12 oz. frozen vegetables (corn, carrots, peas, green beans)
- salt, to taste

Adapted from: budgetbytes.com



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- salt, to taste

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PROCEDURE

1. Add the onion and garlic to a soup pot along with the olive oil. Sauté over medium heat until the onions are soft and translucent.
2. Add the ground beef to the pot and continue to sauté until the ground beef is cooked through. If using a higher fat content ground beef, drain the excess fat.
3. Add the cubed potatoes, diced tomatoes (with juices), Italian seasoning, pepper, beef broth, and Worcestershire sauce to the pot. Stir to combine.
4. Turn the heat up to medium-high and allow the soup to come up to a boil. Once boiling, turn the heat down to medium-low and let the soup simmer for about 10 minutes, or until the potatoes are fork-tender.
5. Add the frozen vegetables to the pot and allow the soup to come back up to a simmer. Simmer the vegetables in the soup for about five minutes. Add salt to taste.



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