

SOUPS

Hamburger Vegetable Soup



INGREDIENTS

1 lb - lean ground beef
2 medium onions, diced
2 stalks celery, diced
5 carrots, sliced
4 potatoes, diced
1/3 C - barley
1 can string beans
¼ head cabbage, julienne
1 can tomatoes
1 T - chicken bouillon granules
1 tsp - dried basil
1 bay leaf
salt & pepper
5 C - water

DIRECTIONS

Brown beef with salt and pepper. Drain fat from meat. Saute onions and celery.

Add remaining ingredients and season. Bring to boil, reduce heat, and simmer one hour or until tender.

Note: Depending on season, I would also add parsnips, turnips, and/or rutabaga. They lend very good flavors. Toward the end of the simmer, I would also add zucchini. Usually doubled to freeze for quick meals.

MAKES

6 servings