

Hamburger Soup I



A wonderful mix of vegetables and ground beef . . . great with homemade bread!

Prep: 15 mins

Cook: 1 hr 50 mins

Total: 2 hrs 5 mins

Servings: 8

Yield: 8 servings



Ingredients

1 pound lean ground beef
1 cup chopped carrots
1 cup chopped celery
1 cup chopped onion
6 cubes beef bouillon
5 cups water
1 (8 ounce) can tomato sauce
1 (16 ounce) can diced tomatoes
1 teaspoon salt
1 (10 ounce) package frozen corn kernels
1 teaspoon dried basil
3 tablespoons ketchup

Directions

Step 1

In a medium skillet, brown hamburger over medium heat. Drain off fat.

Step 2

Combine beef, carrots, celery, onions, bouillon, water, tomato sauce, chopped tomatoes, salt, corn, basil, and ketchup in a large stock pot. Bring to a boil. Reduce heat, and simmer for at least 1 1/2 hours.

Nutrition Facts

Per Serving:

185 calories; protein 13.7g 28% DV; carbohydrates 16.5g 5% DV; fat 7.5g 12% DV; cholesterol 37.3mg 12% DV; sodium 1338mg 54% DV.