

Vegetable Beef Soup

Makes 8 servings | **Vegetables** • **Protein**

Ingredients

- 4½ cups chicken, beef, or vegetable broth
- ½ cup onion, diced
- 2 teaspoons Italian seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 10-ounce package frozen mixed vegetables, or 2 cups canned mixed vegetables
- 15-ounce can diced tomatoes
- 14.5-ounce can beef

Directions

1. Wash hands with warm, soapy water.
2. In a large saucepan, mix broth, onion, Italian seasoning, bay leaf, and black pepper. Heat.
3. Stir in mixed vegetables and beef, but not tomatoes.
4. Bring to a boil. Reduce heat, cover, and simmer for 6-8 minutes or until vegetables are tender crisp. Remove bay leaf and throw away.
5. Stir in tomatoes. Heat through.

Variation

Add Grains- Add 2 cups cooked macaroni noodles with step 4.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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