

Vegetable Beef Soup

Makes 4-6 servings | **Vegetables** • **Protein**

Ingredients

- 2 teaspoons canola oil
- 1 pound ground beef or 14.5-ounce can beef, or other ground meat
- ½ cup onion, diced
- 4½ cups low-sodium chicken, beef, or vegetable broth
- 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

Directions

1. Wash hands with warm, soapy water.
2. In a large saucepan, heat canola oil. Brown ground beef with onions. Drain off fat. If using canned beef, skip this step.
3. Add broth, Italian seasoning, bay leaf, and black pepper. Heat. If using canned beef, add it in this step.
4. Stir in mixed vegetables but not tomatoes.
5. 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.
6. Stir in tomatoes with juices. Heat through.

Variation

Add Grains- Add 2 cups cooked macaroni noodles in 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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