

- Prep Time: 20 Minutes
 - Cook Time: 4-6 Hours (Low) or 2-3 Hours (High)
 - Total Time: 4 Hours 20 Minutes – 6 Hours 20 Minutes
 - Yield: 8 Servings (approx. 2 quarts)
 - Course: Main Course / Soup
 - Cuisine: American
 - Skill Level: Beginner
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Ingredients

For the Soup:

- 1 lb (450g) Ground Beef (80/20 blend recommended for flavor)
- 1 Medium Yellow Onion, diced
- 2 stalks Celery, diced
- 2 Large Carrots, peeled and diced
- 3 Medium Russet Potatoes, peeled and cubed (about 1-inch cubes)
- 1 tsp Dried Basil
- 1 tsp Dried Parsley
- 3 cups Chicken Broth (low sodium)
- 1 can (10.5 oz) Condensed Cream of Mushroom Soup (or Cream of Chicken)

- Salt and Black Pepper to taste

For the Creamy Finish (Added at the End):

- 8 oz (225g) Velveeta Cheese (cubed) *or* 2 cups Sharp Cheddar Cheese (shredded)
- 1 cup Whole Milk or Heavy Cream
- 1/4 cup All-Purpose Flour (optional, for thickening)
- 1/4 cup Sour Cream (optional, for tang)

Optional Toppings:

- Crumbled Bacon
- Chopped Green Onions
- Diced Pickles (for that authentic burger taste)
- Extra Shredded Cheddar

Equipment Needed

- 6-Quart Slow Cooker (Crockpot)
- Large Skillet
- Wooden Spoon
- Whisk
- Ladle

Step-by-Step Instructions

Phase 1: The Prep & Sauté (Intensity: Low-Medium)

Time: 10-15 Minutes

1. Brown the Beef: In a large skillet over medium heat, cook the ground beef and diced onion until the beef is no longer pink. Break the meat apart with a wooden spoon as it cooks. Once cooked, drain off excess grease to prevent the soup from becoming too oily.

2. Layer the Base: Transfer the beef and onion mixture into the bottom of your slow cooker.
3. Add the Veggies: Add the diced celery, carrots, and cubed potatoes to the crockpot.
4. Season: Sprinkle the dried basil, dried parsley, salt, and pepper over the ingredients.

Phase 2: The Slow Cook (Intensity: Set & Forget)

Time: 4-6 Hours on LOW or 2-3 Hours on HIGH

1. Add Liquids: Pour the chicken broth over the ingredients in the slow cooker. Ensure the broth covers most of the potatoes; if not, add a little water.
2. Add Cream Soup: Spoon the condensed cream of mushroom soup on top. Do not stir yet.
3. Cook: Cover and cook on LOW for 5-6 hours or HIGH for 2.5-3 hours, until the potatoes and carrots are fork-tender.

Phase 3: The Creamy Finish (Intensity: Medium)

Time: 15 Minutes

1. Prepare the Slurry (Optional for thickness): If you prefer a thicker soup, whisk the flour into the milk until smooth. If you like a thinner broth, skip the flour and just use milk.

2. Add Dairy: Reduce the slow cooker to LOW or turn it off. Stir in the cubed Velveeta (or shredded cheddar) and the milk (or slurry). Stir gently until the cheese is completely melted and the soup is creamy.
3. Final Touch: Stir in the sour cream just before serving to add a tangy richness. Taste and adjust salt and pepper as needed.

Phase 4: Serve (Intensity: Low)

Time: 2 Minutes

1. Ladle: Serve hot into bowls.
2. Garnish: Top with crumbled bacon, chopped green onions, and a few diced pickles to mimic the classic cheeseburger experience.

Recipe Intensities Explained

To help you plan your cooking session, here is a breakdown of the “intensity” required for this recipe:

- Low Intensity (Prep & Serve): Measuring ingredients, peeling potatoes, and ladling soup. This is relaxing work.
- Medium Intensity (Sautéing): Watching the beef brown to ensure it doesn’t burn and

draining the fat.

- Zero Intensity (Crockpot Phase): Once the lid goes on, you walk away. This is the beauty of the slow cooker!

Nutritional Information

Disclaimer: The following nutritional estimates are based on a serving size of 1 cup (1/8 of the recipe) using 80/20 ground beef and Velveeta cheese. If you add bacon or heavy cream, the fat content will increase.

- Calories: 380 kcal
- Total Fat: 22g
- Saturated Fat: 10g
- Cholesterol: 65mg
- Sodium: 920mg (varies based on broth and cheese brand)
- Total Carbohydrates: 24g
- Dietary Fiber: 2g

- Total Sugars: 4g

- Protein: 21g