



Ground Beef Vegetable Soup

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Ground Beef Vegetable Soup

This delightful ground beef soup boasts a medley of vegetables, making it a hearty, effortlessly delicious dish suitable for any season. Pair it with saltine crackers and chunks of sharp cheese for a complete and satisfying meal.

1. Preparation: 20 minutes
2. Cooking: 1 hour and 15 minutes
3. Total: 1 hour and 35 minutes

Ingredients

- 2 pounds of ground beef
- 4 diced carrots
- 4 chopped celery ribs
- 1 chopped onion
- 4 potatoes, peeled and cut into 1-inch pieces
- 1 can (15.25 ounces) whole kernel corn, drained and rinsed
- 1 can (15 ounces) green beans, drained and rinsed
- 1 can (15 ounces) peas, undrained
- 1 can (15 ounces) tomato sauce
- 1 can (14.5 ounces) whole tomatoes, crushed
- Ground black pepper to taste
- 1 bay leaf, or more to taste
- $\frac{1}{8}$ teaspoon ground thyme
- $\frac{1}{4}$ cup water, as needed

Directions

1. Heat ground beef in a stockpot over medium-high heat until it becomes crumbly, evenly browned, and no longer pink, which typically takes around 7 to 10 minutes. Dispose of any excess grease.
2. Add carrots, celery, and onion, and sauté until the vegetables soften, approximately 5

minutes.

3. Incorporate potatoes, corn, green beans, undrained peas, tomato sauce, and crushed whole tomatoes. Season with black pepper, and include bay leaf and thyme.
4. If necessary, add 1/4 cup of water, topping up as required during the cooking process.
5. Bring the soup to a simmer, cover, and cook, stirring occasionally, until the potatoes are tender, which usually takes about 1 hour.
6. Serve the soup hot and savor the flavors!

Nutrition Facts

Each serving contains 598 calories, with a total fat content of 20g, of which 8g are saturated fats. It also provides 95mg of cholesterol and 1153mg of sodium. The total carbohydrate content is 71g, with 14g coming from dietary fiber and 19g from sugars. Additionally, there is 37g of protein per serving. It is a good source of vitamin C, providing 47mg, and contains 187mg of calcium, 7mg of iron, and 2042mg of potassium.