

# VEGETABLE & GROUND BEEF SOUP

Serves: 4

Total time: 60 minutes

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## Ingredients

- 1 pound of ground beef
- 2 carrots, peeled and diced
- 2 celery stalks, chopped
- 1 small onion, chopped
- 2 potatoes, peeled and cut into ½ inch pieces
- 1 (15 oz) can of tomato sauce
- 1 (14.5 oz) can of diced tomatoes
- 2 cups beef broth or water
- 1 cup frozen peas
- 1 cup frozen corn
- 1 cup frozen green beans
- 1 tsp dried thyme
- 1 bay leaf
- Salt and pepper to taste



## Directions

1. Heat olive oil over medium-high heat in a dutch oven or large stockpot. Add ground beef, break apart and cook until browned and no longer pink. About 7 to 10 minutes. Drain excess grease.
2. Add carrots, celery, and onion to the ground beef. Stir and cook until the vegetables are softened. Another 7 to 10 minutes.
3. Add potatoes, tomato sauce, diced tomatoes, broth or water, peas, corn, green beans, thyme, bay leaf and salt and pepper to taste. Stir well and bring to a simmer.
4. Turn heat to low, cover, and cook, stirring occasionally until the potatoes are tender, about 30-45 minutes.

Notes: If you use water, to get more flavor, fill the emptied tomato sauce can with water and add it to the pot. Also, add more salt and pepper.