

Hearty Hamburger Soup

Untried, but looks interesting · From Taste of Home

INGREDIENTS

- 1 pound ground beef
- 4 cups water
- 1 can (14.5 ounces) diced tomatoes, undrained
- 3 medium carrots, sliced
- 2 medium potatoes, peeled and cubed
- 1 medium onion, chopped
- 1/2 cup chopped celery
- 4 teaspoons beef bouillon granules
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dried oregano
- 1 cup cut fresh or frozen green beans

INSTRUCTIONS

- 1** In a large saucepan, brown beef; drain. Add the next 10 ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes and carrots are tender. Add green beans. Cover and simmer 15 minutes longer or until the beans are tender.
- 2** To thicken (if desired): After the potatoes and carrots are tender, ladle 1 cup of hot broth into a bowl containing 4 tablespoons of flour and whisk until smooth. Add the slurry back to the soup; stir and simmer until green beans are tender and soup is slightly thickened.
- 3** Nutrition Facts
1 cup: 178 calories, 7g fat (3g saturated fat), 38mg cholesterol, 984mg sodium, 15g carbohydrate (5g sugars, 3g fiber), 13g protein.
- 4** Reviewers suggestions: use broth instead of bouillon, add minced garlic, add tomatoes with herbs, italian seasoning, red pepper flakes, Worcestershire sauce with hamburger, can of tomato soup, Ro-Tel diced tomatoes with green chilies, bay leaf. tomato juice for some of the water, peas.