

# Hamburger Vegetable Soup with V8 Juice

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/copycat-v8-juice-recipes>

## Ingredients:

- 1 pound ground beef
- 1 medium onion diced
- 2 cups potatoes peeled and diced
- 46 fluid ounces v8
- 16 ounces vegetable frozen, blend, mixed vegetables

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 75 milligrams
4. Fat: 18 grams
5. Fiber: 7 grams
6. Protein: 27 grams
7. SaturatedFat: 7 grams
8. Sodium: 210 milligrams
9. Sugar: 30 grams
10. TransFat: 1 grams

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