

# Hamburger Vegetable Soup

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/hamburger-vegetable-soup-recipe-southern>

## Ingredients:

- 2 tablespoons olive oil
- 1 1/2 pounds hamburger
- 1 onion \*about 2 cups roughly diced
- 4 garlic cloves \*minced or crushed
- 2 teaspoons thyme
- 2 teaspoons basil
- 1 teaspoon marjoram
- 1 bay leaf
- 4 small carrots \*about 1½ cups diced
- 3 stalks celery \*about 1½ cups diced
- 16 ounces sliced mushrooms
- 28 ounces diced tomatoes in juice
- 1 cup brown rice precooked
- 1 pound frozen green beans
- 64 ounces beef broth
- 1/2 cabbage small, \*about 4 cups shredded
- salt
- pepper

## Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 115 milligrams
4. Fat: 34 grams
5. Fiber: 13 grams
6. Protein: 51 grams
7. SaturatedFat: 12 grams
8. Sodium: 1870 milligrams
9. Sugar: 14 grams

10. TransFat: 1.5 grams

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