

# Easy Vegetable Beef Soup

Yield: 7 min  
Total Time: 85 min

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

## Ingredients:

- 1 tablespoon olive oil
- 2 1/4 pounds ground round
- 2 teaspoons Creole seasoning divided
- 1 chopped onion
- 1 green bell pepper diced\*
- 2 stalks celery chopped\*
- 2 cloves garlic chopped, or use 1 tsp pre-minced
- 2 cups chopped carrots
- 1 medium potato peeled & chopped
- 15 ounces tomato sauce
- 8 ounces tomato sauce
- 14 1/2 ounces diced tomatoes
- 48 ounces chicken broth
- 2 cups noodles No Yolks
- 1 1/2 cups veggies frozen season blend, in place of the onion, bell pepper and celery

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 115 milligrams
4. Fat: 47 grams
5. Fiber: 6 grams
6. Protein: 34 grams
7. SaturatedFat: 19 grams
8. Sodium: 580 milligrams
9. Sugar: 14 grams

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