

Vegetable Hamburger Soup

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/using-ground-beef-recipes>

Ingredients:

- 1 1/2 pounds hamburger meat 80/20
- 1 cup sweet onion small dice
- 3/4 cup celery small dice
- 1 tablespoon minced garlic
- 2 cups potato peeled, small dice
- 1 cup carrots peeled, small dice
- 2 cups green cabbage cut in thin strips
- 1 cup frozen corn
- 1 cup green beans small chop
- 6 cups beef broth
- 28 ounces diced tomatoes including juice
- 15 ounces tomato sauce
- salt
- pepper

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 120 milligrams
4. Fat: 29 grams
5. Fiber: 11 grams
6. Protein: 44 grams
7. SaturatedFat: 11 grams
8. Sodium: 1980 milligrams
9. Sugar: 21 grams
10. TransFat: 1.5 grams

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