



# Beefy Vegetable Soup

## KITCHEN EQUIPMENT NEEDED

Knife  
Cutting board  
Measuring cups and spoons  
Liquid measuring cup  
Spatula  
Colander  
Wooden spoon  
Vegetable peeler  
Can opener  
Large pot with lid



Estimated time: 10 minutes, prep; 1 hour 40 minutes, cook

## INGREDIENTS

- 2 pounds extra-lean ground beef
- 2 tablespoons olive oil, butter or margarine
- ½ cup all-purpose flour
- 3 cups water
- 2 (14-ounce) cans low-sodium beef broth
- 1 cup onion, chopped
- 1 cup carrot, chopped
- 1 cup celery, chopped
- 1 (10-ounce) package frozen, mixed vegetables
- 1 (28-ounce) can chopped or diced tomatoes with juice
- 1 (15-ounce) can tomato sauce
- 2 teaspoons pepper
- Salt, to taste

## DIRECTIONS

1. Brown ground beef in a large pot, stirring to crumble as it cooks.
2. Drain the fat off the cooked beef. Set beef aside.
3. Heat olive oil OR melt butter or margarine in the same pot; add flour and cook over medium heat for 3–5 minutes and stir until a smooth paste forms.
4. Gradually add water, stirring constantly; cook over medium heat until bubbly, stirring occasionally.
5. Add cooked ground beef and remaining ingredients.
6. Bring to a boil; reduce heat and simmer, uncovered for 1 hour.

## NOTES

This recipe works well as *hands-on* or *demonstration*.

Making a roux: browning butter or oil, adding flour and cooking until brown and “nutty” tasting, and then adding water thickens the soup and adds a complex background flavor to the finished soup.

Ground chicken or turkey could be used instead of ground beef.

For a vegetarian version, omit meat and add a can of any kind of beans.

There are several varieties of frozen vegetable soup or gumbo mixes that contain corn, potatoes, peppers, carrots, onions, okra and other vegetables. Any of these mixes, including just peas and carrots, will work. Look for frozen vegetable mixes without added sauces or butter.

Add flavor to vegetable soups by substituting a vegetable juice, like V-8, for a third to one half of the water in the recipe.

The beef broth may have enough salt so that added salt is not needed. Taste at the end of cooking and adjust salt if needed.

This recipe could also be assembled and cooked in a slow cooker on low for 8–10 hours or on high for 4–5 hours.

## NUTRITION INFORMATION PER SERVING (Makes 12 servings)

Made without any additional salt.

Calories **210** | Total Fat **10 g** | Saturated Fat **2 g** | Protein **16 g**  
Carbohydrates **14 g** | Fiber **2 g** | Sodium **430 mg**