

Hamburger Vegetable Soup

By making your own soup, you can control the amount of fat and salt added, as well as the quality of the ingredients. Canned and commercial soups can be very high in salt.



Ingredients:

1 ½ lb	Lean ground beef	750 g
1-19 oz can	No salt added canned tomatoes	1-540 mL can
2 cups	Tomatoes, fresh, pureed	500 mL
1 cup	Onion, chopped	250 mL
¼ cup	Carrots, sliced	60 mL
1 cup	Potato, diced	250 mL
1 cup	Green pepper, diced	250 mL
1 cup	Cabbage, chopped	250 mL
8 oz	Green beans, frozen	240 g
8 oz	Kernel corn, frozen	240 g
1	Bay leaf	1
½ tsp	Basil powder	2 mL
½ tsp	Garlic powder	2 mL
¼ tsp	Dill	1 mL
¼ tsp	Pepper	1 mL
¼ tsp	Thyme	1 mL
6 cups	Water or no salt added stock	1 ½ L

Directions:

1. Brown the meat in a large pan or stock pot.
2. Pour off fat.
3. Add the remaining ingredients.
4. Bring mixture to a boil.
5. Reduce the heat and cover.
6. Simmer for 1 hour, or until vegetables are tender.
7. Stir once in a while.
8. Remove bay leaf before serving.

Makes 8 servings (1 ½ cups/ 375 mL/ 478 g)

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Nutrition Facts	
Per 1/8 of recipe (375 mL/ 1 ½ cup/ 478 g)	
Amount	% Daily Value
Calories 246	
Fat 10 g	14 %
Saturated 3.5 g + Trans 0 g	18 %
Cholesterol 52 mg	
Sodium 98 mg	4 %
Carbohydrate 21 g	16 %
Fibre 4 g	14 %
Sugars 2 g	
Protein 18 g	
Vitamin A	216 %
Vitamin C	50 %
Calcium	6 %
Iron	17 %

Nutrient Claim	Amount per serving
Source of fibre	4 g
Low in sodium	98 mg
Source of vitamin A	517 mcg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Sometimes recipe (Mixed Dish–Soup, Meal style) according to the Alberta Nutrition Guidelines.