



Vegetable Beef Soup

Ingredients

- 1 pound lean ground meat, raw
- 4½ cups chicken, beef, or vegetable broth
- ½ cup onion, diced
- 2 teaspoons Italian seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 2 cups canned mixed vegetables (corn, green beans, carrots, etc.)
- 15-ounce can diced tomatoes

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Brown meat in a skillet. Drain off extra fat.
3. In a large saucepan, mix broth, onion, Italian seasoning, bay leaf, and black pepper. Heat.
4. Stir in mixed vegetables and meat, but not tomatoes.
5. Bring to a boil. Reduce heat, cover, and simmer for 6-8 minutes or until vegetables are tender crisp. Remove bay leaf and throw away.
6. Stir in tomatoes. Heat through. Freeze leftovers for a meal another day.

Makes 4-6 servings

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