



Hamburger Soup

RECIPE NAME

6-8

YIELD

20 minutes

PREP TIME

6 hours

TIME TO COOK

INGREDIENTS

1lb lean ground beef
1 yellow onion, diced
2 russet potatoes, peeled and chopped
3 cups frozen mixed vegetables
3 cloves garlic, minced
4 cups low sodium beef stock
1 4.5 oz diced tomatoes, with juice
1 1.5oz V8 juice
1 tsp Italian Seasoning
2 tsp Worcestershire sauce
1 bay leaf
Salt and pepper to taste

STEPS

1. In a large skillet, brown meat and onion until cooked through. Add to crockpot.
2. Add remaining ingredients and stir to combine. Cook on low for 6hrs. Serve immediately, store in the fridge for up to 3 days or freeze for up to 4 months.

PREP. COOK. RELAX.

NOTES