

Simple Hamburger Soup

5 Servings

Ingredients:

1 lb. ground beef



1 onion, chopped

3 (14 oz) cans of beef broth

2 (14.5 oz) cans stewed tomatoes

1 (16 oz) package frozen peas and carrots, thawed

1 teaspoon ground black pepper

1 teaspoon garlic salt

1 cup uncooked elbow macaroni



Directions:

1. In a large stock pot brown the ground beef and chopped onion. Drain grease from pot.
2. Fill a medium sauce pan with water and bring to a boil. Add pasta, cook until tender, and drain.
3. Add beef broth, tomatoes, frozen peas and carrots, pepper, garlic salt and cooked pasta. Cook over medium heat for 15 minutes or until peas and carrots are cooked. Simmer until ready to serve.

Per Serving 500 calories, 25.8g fat, 1162mg sodium, 41.2g carbs, 6.6g fiber, 27.2g protein, 42% DV (daily value) for vitamin A, 51% DV for vitamin C, 14% DV for calcium and 63% DV for iron.

TREASURE BOX ITEMS=



Recipe from: allrecipes.com