

Hamburger Vegetable Soup

Serves 4

Ingredients:

1 lb. ground beef



4 cups chicken broth

4 cups water

2 (1 oz) packages dry onion soup mix

1 (15 oz) can tomatoe sauce

2 stalks celery, chopped

1 onion, chopped

1 (16 oz) package frozen mixed vegetables



¾ cup elbow macaroni

Directions:

1. In a sauté pan, brown ground beef, over medium heat.
2. In a large stock pot, combine broth, water, onion soup mix, tomato sauce, celery, onion, frozen vegetables and macaroni. Bring to a boil and then simmer until macaroni is done.
3. Add browned ground beef, mix and serve.

Per Serving 466 calories, 16.2g fat., 2694mg sodium, 8.5g fiber, 33.2g protein, 124% DV (daily value) for vitamin A, 39% DV for vitamin C, 14% DV for calcium and 55% DV for iron.

TREASURE BOX ITEMS=

