



Frugal -Cheap and Easy Hamburger Soup



Serving: 10



Cook Time: 30 mins



Level: Easy



INGREDIENTS

- 2 1/2 lbs ground beef 90% ground chuck preferred
- 1 medium onion chopped
- 56 ounces crushed tomatoes two large cans (28 ounces each)
- 32 ounces beef stock 1 carton
- 2 tablespoons garlic powder
- 4 bay leaves
- 32 ounces frozen mixed vegetables 2 standard bags
- 2 tablespoons ground black pepper
- 2 teaspoons salt (to taste)

PREPARATION

1. In a large soup pot, add the ground beef and cook over medium-high heat until the meat is browned, stirring often. Add the onions and cook over medium heat until they are translucent. If you're using 80% lean ground beef or less, you may want to drain the fat. If you're using 85% lean or higher beef, you should be fine.
2. Add the crushed tomatoes, beef stock, garlic powder, bay leaves, and frozen vegetables to the pot. Stir, then season with salt and pepper to taste.
3. Bring soup to a boil and then reduce heat. Simmer soup until vegetables are tender. If you have the time, let simmer for at least a 20 minutes, as the additional simmering will only help the flavors in the soup to blend.
4. Remove the bay leaves. Serve hot with a side salad and/or fresh bread.