

HAMBURGER SOUP

4H Manitoba

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

Classic Hamburger Soup – recipe from www.gettystewart.com

A classic homemade soup featuring ground beef, tomatoes and a mix of seasonal or frozen veggies.

1 Tbsp canola oil	1 Tbsp Worcestershire sauce
1 onion chopped	8 cups beef or vegetable stock
2 stalks celery diced	1 can diced tomatoes (28oz/798ml)
1 carrot diced	1 jalapeno or other hot pepper ³
3 cloves garlic minced	2 bay leaves
1 lb lean ground beef (454g)	1 Parmesan rind (optional) ⁴
1 tsp Italian seasoning ¹	1 cup frozen green beans
1 Tbsp chili powder	1/2 cup frozen corn kernels
1/2 tsp black pepper	1/2 cup frozen green peas
3 potatoes peeled and diced	salt to taste
1 small parsnip, turnip or rutabaga ²	3 green onions chopped ⁵
2 Tbsp tomato paste	3 Tbsp chopped fresh parsley

1. In large soup pot, heat oil over medium high heat. Sauté onions, celery and carrot until onions are clear, 2 minutes. Add garlic and cook 1 minute.
2. Add ground beef and cook until no longer pink, stirring and breaking up beef with spoon, about 4-5 minutes.
3. Add Italian seasoning, chili powder, black pepper, potatoes and other root vegetables, cook another 2 minutes.
4. Stir in tomato paste and Worcestershire sauce, cook another 2 minutes.
5. Add the stock, diced tomatoes, hot pepper, bay leaves and Parmesan rind. Bring to boil then reduce heat and simmer until potatoes are tender, about 10-15 minutes.
6. Add green beans, peas and corn (and/or any other tender veggies); cook until heated through, about 2 minutes.
7. Taste and adjust seasoning as needed. Remove bay leaf and hot pepper. Stir in half of the green onions and parsley.
8. Ladle into soup bowls and garnish with remaining fresh herbs.

Serves 6 -8