



NUTRITION CONSULTING INC.

## Hearty Hamburger Soup

*This recipe makes a large batch of soup and is perfect for freezing in small containers for quick lunch and supper meals.*

**Makes 16 servings**

### What you need:

1 lb (500 g) lean ground beef  
1 medium onion (chopped fine)  
1 can (28 oz.) tomatoes, blended  
1 can (19 oz.) lentils or any other type of beans  
drained and rinsed  
1 can (10 oz.) tomato soup  
8 cups (2 L) vegetable/beef broth  
4 carrots (finely chopped)  
3 sticks celery (finely chopped)  
8 tbsp. Barley  
2 medium potatoes (diced into small pieces)  
Parsley  
1/2 tsp Thyme  
Pepper  
1 Bay Leaf



### How you prepare:

Brown beef and onions and drain off fat. Combine all remaining ingredients in a large pot. Simmer covered for at least 2 hours. Note: you may need to add more water if soup seems too thick.

### Per serving:

Calories 190  
Carbohydrates 22 g  
Protein 15 g  
Fat 5 g  
Dietary Fiber 4 g

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