



Onions

1 medium onion
(5-ounce, diced)



Amount per serving
115 Calories

7 cups peeled,
chopped fresh
tomatoes or 2, 28-oz.
cans no salt added
diced tomatoes



Ground chuck

1/2 lbs ground
chuck ((this is a
cut of beef))



water

4 cup



Green beans

1 can cut green
beans (14.5-ounce,
no salt added,
drained and rinsed)



Peas

1 can peas (15-ounce,
no salt added,
drained and rinsed)

Favorite Vegetable Soup

Carrots

2 medium carrots
(3-ounce each,
peeled and
chopped)



Potatoes

3 medium potatoes
(5-ounce each,
peeled and diced)



Corn

1 can corn
(15.25-ounce, no
salt added,
drained and rinsed)

Garlic powder

1/2 tsp



Salt

1/2 tsp



Black pepper

1/8 tsp



Red pepper flakes

1/8 tsp crushed red
pepper flakes



Dry rice

1/4 cup



Ingredients





Favorite Vegetable Soup

1. Place ground chuck in a 2-gallon stockpot and brown over medium heat. Remove meat and drain it well. Wipe drippings from pot.



Favorite Vegetable Soup



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2. Return meat to stockpot, then add tomatoes and water. Bring to a simmer and cook, covered, until tomatoes are soft and a juicy broth is created, about 20 minutes.



Favorite Vegetable Soup



3. Add remaining ingredients, cover and continue cooking 60 additional minutes to allow flavors to blend.

