Sculpt Kitchen

Hamburger Soup

6 servings

Ingredients:

2 tbsp minced garlic
1 pound extra lean ground beef (90-95%)
1 cup each of diced carrots, onion and celery
1/2 head of green cabbage chopped (optional)
4 cups beef stock - homemade or organic bone broth is BEST
2 diced zucchini
1 can tomato paste
1-796 ml can sodium free diced tomatoes
1 tsp each kosher salt, basil, oregano and pepper

In large pot, over medium heat...

1. Add garlic and beef, cook halfway and add carrots, celery and onion
2. When beef is cooked through add cabbage and beef stock, simmer for 8-10 min
3. Add zucchini, tomato paste and diced tomatoes as well as seasonings
4. Cover and continue to simmer for 10-15 minutes, until vegetables are tender
5. Enjoy!

Optional - Up protein by adding a 1/4 cup of plain greek yogurt or dry curd cottage cheese

Nutrition Facts:

Per serving: 230 calories - 7.5 g Fat - 24g Carbohydrates - 20g Protein

Nutritional information analyzed at www.verywellfit.com

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