

Hamburger Soup



Ready in **40 minutes**

Serves **4**

Recipe by Lisa Ladouceur from First People's House.

Tip

This recipe can be made ahead of time and frozen.

Equipment

- Large pan and medium pot
- Knife and cutting board
- Stirring/serving utensil
- Can opener
- Bowl

Ingredients

- 1 pkg lean/extra lean ground beef*
- 1 cup flour
- 1 onion, diced
- 1 cup carrots, small dice
- 3 celery stalks, small diced
- 2 cp baby potatoes or 3 regular, in 1" chunks
- ½ cup dry macaroni or other small noodle or rice
- 1 cup frozen mixed vegetable of choice
- 1 large can tomatoes (I like to use stewed tomatoes)
- Spices- Salt and Pepper, garlic powder and Montreal Steak Spice or other spices of choice to taste.

*Vegan version- substitute ground beef for veggie ground or canned beans/lentils. Add tamari to taste if available.

Preparation

1. Fill your pot with water until approximately ¼ full and set on the stove on medium heat.
2. Add flour and ½ of the spices in total in a bowl, mix (Spices should be a mix of ~2-3 tbsp spices of your choice in total).
3. Roll ~2" meatballs out of the hamburger and then roll in the flour mixture.

4. Add meatballs to the heated water in the pot.
5. Add carrots, celery, potatoes, onion, and can of tomatoes (don't drain the tomatoes). Add the lentils or meat substitute here for the vegan version.
6. Add more water to the pot if needed.
7. Once the soup comes to a boil, add macaroni and mixed frozen vegetables and additional spices to taste.
8. Cook till potatoes are soft and macaroni is cooked.
9. Enjoy! You can add more salt and pepper to taste once served.