



4-Ingredient Vegetable Beef Soup

Servings 6 | Prep time 5 minutes |

Total time 20 minutes (stovetop) or 4 hours (crockpot)

Equipment:

Frying pan
Small Bowl
Paper towels
Large pot or slow cooker

Utensils:

Spatula or mixing spoon
Measuring cups and spoons

Ingredients

1/2 pound protein: 85% lean ground (beef or turkey) meat OR 1 15 ounce can no salt added kidney beans, drained and rinsed
1 64 ounce bottle low-sodium vegetable juice
1 32 ounce package frozen vegetable mix
1 tablespoon Italian seasoning OR Celebrate Your Plate Italian Seasoning

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. If using ground beef or turkey, cook in a medium frying pan until no pink remains, about 6 minutes. Drain fat into a paper-towel lined bowl and throw away.
3. Combine your protein of choice (either cooked ground beef, turkey, or beans), vegetable juice, frozen vegetables, and Italian seasoning in a slow cooker and cook on low for 4 hours. If using a stovetop, combine ingredients in a large pot and simmer over medium heat for 10 minutes.

Nutritional Information:

Calories 240
Total Fat 5g
Sodium 90mg
Total Carbs 40g
Protein 11g