



# 4-Ingredient Vegetable Beef Soup

Servings 6 | Prep time 16 mins. Or 4 hours |  
Total time 20 mins. or 4 hours

## 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