



4-Ingredient Vegetable Beef Soup

Servings 6 | Prep time 16 mins. or 4 hours |

Total time 20 mins. or 4 hours

Equipment: Cutting board

Utensils: Knife

Ingredients

1/2 pound protein: 85% lean ground beef OR turkey OR 1, 13oz can of no salt added kidney beans, drained and rinsed
64 ounces low sodium vegetable juice
32 ounces frozen, mixed vegetables
1 tablespoon 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 crockpot and cook on low for 4 hours OR combine ingredients in a large pot and simmer on the stove top for 10 minutes.

Nutritional Information:

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