



EASY HAMBURGER SOUP



SERVING SIZE

4



INGREDIENTS

ITEM

Ground Beef
Cloves Garlic, Diced
Turnips, Cut Into 1-inch Cubes
Low-sodium Beef Broth
Crushed Tomatoes

QUANTITY

1 Lb.
3
3 Cups
32 Oz.
28 Oz.

ITEM

Italian Seasoning
Onion Powder
Salt
Black Pepper
Cups Frozen Vegetables (Whatever
You Have on Hand)

QUANTITY

1 Tsp.
1 Tsp.
1 Tsp.
½ Tsp.
3



PREPARATION

- In a large pot, cook ground beef over medium heat until browned. Drain excess fat.
- Add garlic and sauté for 1-2 minutes until fragrant.
- Stir in turnips, beef broth, crushed tomatoes, Italian seasoning, onion powder, salt, and black pepper. Bring to a boil.
- Reduce heat and simmer for 15-20 minutes until the turnips are tender.
- Add frozen vegetables and cook for another 5-7 minutes until heated through.
- Taste and adjust seasoning as needed. Serve warm and enjoy!