JANE SMITH LIFESTYLE

Vegetable Beef Soup

Prep: 20 min | Cook: 50 min | Serves: 8



Vegetable beef soup is hearty, familiar, and packed with everyday ingredients. Ground beef makes it quick enough for a weeknight, while potatoes and vegetables turn it into a complete meal.

Ingredients

- 1 1/2 lb lean ground beef
- 1 medium onion, diced
- 3 garlic cloves, minced
- 4 cups low-sodium beef broth
- 1 can (28 oz) diced tomatoes
- 2 tbsp tomato paste
- 3 carrots, sliced
- 2 celery stalks, sliced
- 2 medium potatoes, diced
- 1 cup frozen green beans
- 1 cup frozen corn
- 1 cup frozen peas
- 1 tsp Italian seasoning
- 1 tsp Worcestershire sauce
- 1 bay leaf
- Salt and black pepper to taste

Directions

1. Brown ground beef in a large soup pot over medium-high heat, breaking it into small pieces. Drain excess fat.

2. Add onion and cook 5 minutes. Stir in garlic and tomato paste; cook 1 minute.
3. Add broth, diced tomatoes, carrots, celery, potatoes, Italian seasoning, Worcestershire sauce, bay leaf, 1 tsp salt, and 1/2 tsp pepper.
4. Bring to a boil, reduce heat, and simmer covered 25 minutes.
5. Add green beans, corn, and peas. Simmer uncovered 10–15 minutes more, until potatoes and vegetables are tender.
6. Remove bay leaf. Taste and adjust seasoning before serving.

Jane's Note

Cut the potatoes and carrots into similar-size pieces so everything becomes tender at the same time.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

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