
HAMBURGER SOUP



INGREDIENTS

- 2 cloves garlic, minced
- 1/2 yellow onion, diced
- 5 carrots, diced
- 2 lbs. extra lean ground beef
- 1 medium sweet potato, any variety, cubed
- 2 med tomatoes, diced
- 4 c broth, any variety
- 6 oz. tomato paste
- 1 Tbsp dried parsley
- 1 Tbsp paprika
- Salt and pepper to taste

INSTRUCTIONS

- Spray soup pot with cooking spray and heat over medium heat. Cook garlic and onion until translucent. Add ground beef and brown.
Add carrots and sweet potato and cook an additional 5 minutes.
Cover with tomatoes, broth and tomato paste.
Reduce heat to medium-low and stir in parsley and paprika.
Simmer 30 minutes, or until vegetables are cooked through.
Season with salt and pepper.