

EASY BEEF VEGETABLE SOUP



INGREDIENTS:

2 lbs. ground beef
1- 15 oz. can mixed vegetables *
1- 15 oz. crushed tomatoes*
3-15 oz. pasta sauce*
1-15 oz. whole kernel corn with juice*
1 medium onion (chopped)
1 tbsp. minced garlic
2 bay leaves
1 tsp. crushed red pepper flakes
1 tsp. oregano
1 tsp. cumin
2 tbsp. beef base
4 cups water

* denotes Three Square items

MAKE IT:

1. In a large pot, add 4 cups of water and all ingredients except ground beef, bring to a boil for about 20 minutes, and then reduce to a simmer.
2. While liquid boils, brown ground beef in a large saucepan or skillet, on medium heat until no longer pink. Drain excess liquid.
3. Add meat to the boiling pot and reduce heat to simmer for an additional 10 minutes. Taste and adjust seasonings as desired. If you want a thicker soup, you can add a simple roux (see additional recipe below).

★ This soup goes great with cornbread or crackers. An easy side dish can be as simple as a green salad!

Roux Ingredients

- 1/4 cup peanut oil or vegetable oil
- 1/2 cup flour

In a bowl, combine the oil and flour to form a liquid slurry. Stir until the roux is smooth (like pancake batter)
Stirring is a must! Gradually stir into simmering soup a little at a time until you reach the desired thickness.

