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Hamburger Soup

Ingredients:

- 1 pound lean ground beef
- 1 cup diced onion
- 2 cups cubed, raw potatoes
- 2 cups diced carrots
- ½ cup diced celery
- 1 (28-ounce) can diced tomatoes
- ½ cup uncooked white rice
- 6 cups water
- ½ teaspoon thyme
- ¼ teaspoon basil
- 1/8 teaspoon pepper

Makes 6 servings - 23% calories from fat

Instructions:

1. Cook hamburger and onion in a large pot, browning slightly.
2. Add potatoes, carrots, celery and tomatoes. Bring to a boil.
3. Sprinkle rice into mixture. Add remaining ingredients.
4. Cover and simmer one hour.

Notes:

- 1 quart tomato juice and 2 cups water may be used instead of canned tomatoes and water.
- Use brown rice in place of white rice, if desired.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 310	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 410mg	17%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 20g	
Vitamin A 170% • Vitamin C 60%	
Calcium 10% • Iron 20%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



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