



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
½ teaspoon salt
1/8 teaspoon pepper

Makes 6 Servings

Instructions

1. Prepare vegetables as directed in recipe. Reserve.
2. Cook hamburger and diced onion in a large pot, browning slightly.
3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil.
4. Sprinkle rice into the soup mixture. Then add remaining ingredients.
5. 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 270 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 570mg **24%**

Total Carbohydrate 31g **10%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 19g

Vitamin A 90% • Vitamin C 60%

Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

27% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

