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Super Soup Surprise

Ingredients:

- 1 pound lean ground beef or turkey
- 2 large onions. peel and chop
- 2 garlic cloves. peel and mince
- 2 (28-ounce) cans whole tomatoes, undrained
(break up tomatoes with fork)
- 2 Tablespoons instant dry bouillon
(beef, chicken, or vegetable)
- 8-10 cups water, depending on amount of vegetables
- 2 medium carrots, peel and chop or shred
- 1 medium stalk celery, wash and chop
- 1 small zucchini, wash and chop
- 1 large potato, peel and chop
- ¼ head cabbage, washed and shredded
- 1 (10-ounce) box of frozen corn or
1 (8-ounce) can of corn, drained
- 1 (10-ounce) box of frozen green beans, or
1 (8 ounce) can of green beans, drained
- 1 (8-ounce) can of kidney beans
- 1 cup uncooked elbow macaroni or rice
- 1 teaspoon dry oregano
- ½ teaspoon dry basil
- salt and pepper
- ½ cup parmesan cheese
(grate cheese if necessary)

Makes 20 servings
18% calories from fat

Nutrition Facts

Serving Size 1 1/4 cup	
Servings Per Container 20	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	
Vitamin A 30%	Vitamin C 20%
Calcium 6%	Iron 6%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions:

1. Cook ground beef or turkey, onions, and garlic in large pot until beef is brown.
2. Stir to break up chunks.
3. Drain fat.
4. Stir in remaining ingredients except parmesan cheese together with 3-6 cups of water. (Add more water if necessary.)
5. Simmer for about 30 minutes until vegetables are tender.
6. Stir in the parmesan cheese.
7. Add salt and pepper and additional oregano or basil to taste.

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