



Long Livo

Hamburger Soup with Frozen Vegetables Recipe

15 min

Prep time

4

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb ground beef
- ☐ 1 (12-oz) bag frozen mixed vegetables
- ☐ 4 cups low-sodium beef broth
- ☐ 2 tbsp tomato paste
- ☐ 1 tbsp Worcestershire sauce

- ☐ 1 tsp dried thyme
- ☐ Salt and pepper to taste
- ☐ 2 tbsp olive oil

Optional Garnish

- ☐ Fresh parsley, chopped
- ☐ Grated Parmesan cheese

Instructions

- 1** Heat olive oil in a large pot over medium-high heat. Add the ground beef, breaking it up, and cook until browned, about 5-6 minutes. cheeseburger soup tip: let the meat develop a deep color for richer flavor.
- 2** Stir in tomato paste and thyme; cook for another minute until fragrant. Then pour in 1 cup of beef broth to deglaze, scraping up any browned bits.
- 3** Add the remaining broth, Worcestershire sauce, and frozen vegetables. Bring to a gentle boil, then reduce to a simmer.
- 4** Let the soup simmer for 15 minutes, stirring occasionally. Taste and adjust salt, pepper, and perhaps a splash of another beef vegetable soup base.
- 5** Turn off heat, stir in fresh parsley and, if desired, a sprinkle of Parmesan. Ladle into bowls and enjoy.

Nutrition per serving

320 kcal

Calories

24 g

Protein

18 g

Carbs

14 g

Fat

Tips & notes

- If the soup feels too thick, add a little extra broth or water.
- For a heartier version, toss in a cup of cooked pasta during the last five minutes.
- A dash of smoked paprika can add a subtle smoky depth.