



Super Beef & Vegetable Soup

Preparation time: 20 minutes

Thawing time: 24 hours (1 day in the refrigerator)

Cooking time: 4-8 hours in a slow cooker

Number of servings: 10 (5 servings per bag)

Ingredients

- 1-pound lean ground beef (80% or 90% lean)
- 32 ounces (4 cups) beef broth
- 24 ounces (1½ pounds) frozen mixed vegetables OR 2 12-ounce bags
- 4 medium potatoes (red, yellow, or white)
- 1 medium yellow or white onion
- 4 teaspoons chopped garlic (fresh or in jar)
OR 4 teaspoons garlic powder
- 2 teaspoons Italian seasoning
- Salt and pepper to taste (if desired)



Supplies

- 1 cutting board
- 1 knife to chop the onion and potatoes
- 1 vegetable peeler
- 1 cup measuring cup
- 1 teaspoon measuring spoon
- ½ teaspoon measuring spoon
- 2 1-gallon freezer bags
- Slow cooker or “crock pot” (4-6-quart size)



Instructions

1. Gather your ingredients.
2. Gather your supplies.
3. Wash your hands with soap and warm water for 20 seconds.
4. Dry hands with a paper towel or clean towel.
5. Open freezer bags.
6. Label with the recipe name and date.
7. Wash potatoes and onion.
8. Peel potatoes with a peeler.
9. Cut potatoes into bite-size pieces.
10. Place half of the potatoes into each bag.
11. Peel the outer layer off the onion.
12. Chop the onion into small pieces.
13. Place half of the onion into each bag.
14. Open the two bags of frozen vegetables.
15. Put one bag of frozen vegetables into each bag.
16. Measure out 2 teaspoons of chopped garlic or garlic powder and place in each freezer bag.
17. Measure out 1 teaspoon of Italian seasoning and place in each freezer bag.
18. Measure out 2 cups of broth (about half of the container).
19. Put it into one freezer bag.

20. Measure out 2 cups of broth.
21. Put it into the second freezer bag.
22. Divide the hamburger equally into the 2 bags.
23. Wash your hands with soap and warm water for at least 20 seconds.
24. Dry hands with paper towels or a clean towel.
25. Release air from each freezer bag and close tightly.
26. Gently mix the ingredients in each bag.
27. Freeze bags flat in your freezer for up to 3 months.



To Cook

1. Place your freezer bag in the refrigerator in a bowl or container.
2. Thaw overnight.
3. Place in a 4 or 6-quart slow cooker (or crock pot).
4. Cook 4 hours on high or 8 hours on low.
5. Turn off the slow cooker when the time is finished. Enjoy!



Super Beef & Vegetable Soup		
Nutrition Facts		
Serving Size	1 Cup	
Amount Per Serving		
Calories	221.9	
	% Daily Value*	
Total Fat	5.8 g	7 %
Saturated Fat	2.5 g	13 %
Trans Fat	0.2 g	
Cholesterol	39.9 mg	13 %
Sodium	435 mg	19 %
Total Carbohydrate	26.1 g	9 %
Dietary Fiber	4.7 g	17 %
Total Sugars	4.5 g	
Added Sugars	0 g	0 %
Protein	17.2 g	
Vitamin D	0 mcg	0 %
Calcium	51.7 mg	4 %
Iron	3.7 mg	20 %
Potassium	819.9 mg	17 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>