



Beef and Vegetable Soup

Cook time: 1 hour

Makes: 8 Servings

One large pot and 1 hour are all that you need for this hearty soup. Serve it for lunch or dinner.

Ingredients

1 pound ground beef

1 1/2 cans low-sodium whole kernel corn (about 23 ounces)

1 can low-sodium carrots (about 15 ounces)

1 can low-sodium potatoes (sliced, about 15 ounces)

1 can low-sodium diced tomatoes (about 15 ounces)

1 small onion (diced)

1/2 cup macaroni, dry

1 teaspoon garlic powder

1 teaspoon onion powder

Directions

1. In a large pan, brown ground beef over medium heat for 8-10 minutes. Drain off fat.
2. Add corn, carrots, potatoes, tomatoes, and onions to pot.
3. Cook for 25 minutes over medium heat. Stir every 10 minutes.
4. Add macaroni, garlic powder, and onion powder to pot.
5. Cook for 20 minutes over medium heat. Stir every 10 minutes.

Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Source: Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program