

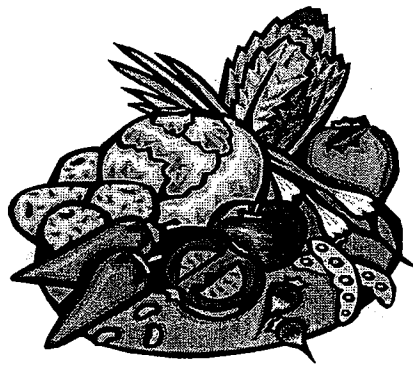
Vegetables

Hamburger Vegetable Soup (Serves 7)

- 1/2 pound ground beef or ground turkey
- 1 cup onion, diced
- 1 quart water (4 cups)
- 1 beef bouillon cube or 1 teaspoon granules (optional)
- 1 raw potato, chipped
- 1 cup carrots, diced
- 1 cup cabbage, shredded
- 1/4 cup rice, uncooked
- 1/8 teaspoon pepper
- 1 large can tomatoes

1. Chop onion, brown with ground beef or ground turkey.
2. Drain fat off meat.
3. Add water and bouillon to browned meat and onion.
4. Wash and chop potato, carrots, and cabbage.
5. Add chopped vegetables to meat mixture and bring to a boil.
6. Add rice and pepper. Cover and continue cooking on low heat for one hour.
7. Add canned tomatoes. (Optional: add a small amount of other leftover vegetables you have at this time.) Continue cooking on low heat until hot.
8. Serve.

(Each serving is 1 1/2 cups and equals two vegetable servings.)



Source: Michigan State University Extension Video: Vegetables

