

Betty's Spicy Vegetable Ground Beef Soup



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In this video, Betty demonstrates how to make Spicy Vegetable and Ground Beef Soup. This is a very tasty one-dish meal, that is easy, economical, and it makes a lot!

Ingredients:

- 1 pound ground beef
- 4 stalks celery, chopped (about 2 cups)
- 2 cloves garlic, chopped
- 1 medium onion, chopped
- 30 ounces of Italian sauce, preferably the chunky garden variety
- 10 $\frac{3}{4}$ -oz. can beef broth
- 2 cups water
- 1 teaspoon sugar
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 16-oz. package frozen mixed vegetables
- 10-oz. can diced tomatoes and green chiles (Note: this soup is very spicy; if you want to cut down on the spiciness, replace this ingredient with a 14.5-oz. can of stewed tomatoes.)

In a large pot or Dutch oven, chunk up 1 pound of ground beef. Add 4 stalks chopped celery, 2 clove chopped garlic, and 1 medium chopped onion. Cook over medium-high heat until ground beef is browned and vegetables are tender, stirring often, so that the ground beef crumbles. Drain off any excess fat. Sit in 30 ounces Italian sauce, a 10 $\frac{3}{4}$ -oz. can beef broth, 2 cups water, 1 teaspoon sugar, 1 teaspoon salt, and $\frac{1}{2}$ teaspoon freshly ground pepper. Cover, and reduce heat. Simmer for 15 minutes, stirring occasionally. Add a 16-oz. package of frozen mixed vegetables and a 10-oz. can diced tomatoes and green chiles. Bring mixture back to a boil, Cover and simmer for an additional 15 minutes, or until vegetables are tender, stirring occasionally. Serve immediately. I like serving this on a cold day with soda crackers and squares of American cheese. It is great for college students, who are looking for recipes that go a long way, are tasty, and are budget-friendly, all at the same time! Enjoy!!! --Betty ☐