

## Hamburger Minestrone

This is a family favorite! Even my youngest who is not a big veggie eater, eats bowl after bowl of this delicious soup. It can be made in about a half hour, but also tastes great if you have a chance to simmer it for a while. My Husband says it tastes even better the next day!

½ cup uncooked small pasta like orzo, ditalini or your favorite. You may also use rice.

1 pound ground beef (I have used a half a pound and doubled the beans and it was fantastic)

½ chopped onion

3 cans low sodium beef broth (14 ½ oz each)

1 16oz bag of frozen mixed veggies (I like the one with lima beans, carrots, peas, corn and green beans)

1 to 2 cans of drained and rinsed Kidney Beans

1 can petite diced tomatoes, undrained (14 ½ oz) – you can also use one diced fresh tomato

1 can tomato paste (6 oz)

3 TBS Italian Seasoning

1 tsp salt

¼ tsp of each: dried thyme, dried basil, and pepper

1. Cook pasta according to directions, drain, rinse and set aside
2. Chop onion into small pieces
3. In large soup pot, brown ground beef and onion at the same time. You should not have to add oil as there will be fat from the ground beef, but feel free to add a little if it looks like it needs it.
4. Once browned, add in all of the other ingredients except for the pasta.
5. Bring to a boil, then reduce to simmer. Cook for at least 20 minutes to let flavors meld. It can sit on simmer like this for as long as you need it to.
6. Once ready to serve, add noodles and cook for a few minutes to warm noodles.

I have also cooked the noodles directly in the soup to avoid that step. I will add an additional can of beef broth and added noodles at time of the other ingredients. By the time the noodles are done, you are ready to serve. Switch up the veggie mixes to get different soups. It is so easy and delicious!

Vegetarian alternative: Eliminate beef, add in another type of beans in addition to the kidney beans and use vegetable stock instead of beef broth.