

Kev's Kitchen

ECONO SOUP

Time: 45 minutes

Serves: 8

Ingredients:

900g extra-lean ground beef
250g onion - peeled and diced
250g celery - diced
250g carrots - peeled and diced
500g red potatoes - peeled and diced
2 litres stock (beef, vegetable, or chicken)
30g salt
2g fresh ground black pepper

Preparation:

Place a large pot on medium-high heat. Add the beef. Cook, breaking apart until just browned.

Stir in the remaining ingredients and bring heat to high. When a boil is reached, reduce to simmer partially covered for thirty minutes.

Remove from heat and serve.

Nutritional Information Per Serving:

Calories: 250	Hand-Size Portion Guide Palms of Protein: 1 Fists of Vegetables: 1 Cupped Hands of Carbs: 1 Thumbs of fat: 0
Fat: 8g	
Carbs: 18g	
Fibre: 3g	
Protein: 26g	