



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Grandma's Autumn Soup

Ingredients

- 2 pounds ground beef
- 1 large yellow onion, chopped
- 1-1 ½ C each chopped carrots, celery, potato
- 4C low sodium beef broth
- 2-3t sea salt
- ½ t ground pepper
- 1 bay leaf
- ½ t basil and/or oregano
- ½ t Maggies seasoning (optional)
- 1 jar chopped sun dried tomatoes

Preparation

1. Brown meat. When nearly cooked, add onions and cook till clear.
2. Add veggies, broth and seasonings.
3. Simmer for 20-30 minutes on medium heat.
4. Add tomatoes and simmer for another 20-30 minutes.
5. Serve with sourdough bread or other favorite side.

Tips

Easily cooked on low for several hours if needed.

Don't forget to remove the bay leaf!

Canned tomatoes instead of sundried will work; I just prefer the flavor of sundried!