



Hamburger Soup

Ingredients

1 pound lean ground beef
1 cup diced onion
2 cups cubed, raw potatoes
2 cups diced carrots
½ cup diced celery
1 (28-ounce) can diced tomatoes
½ cup uncooked rice
6 cups water
½ teaspoon thyme
¼ teaspoon basil
½ teaspoon salt
1/8 teaspoon pepper

Makes 6 Servings

Instructions

1. Cook hamburger and onion in a large pot, browning slightly.
2. Add potatoes, carrots, celery and tomatoes. Bring to a boil.
3. Sprinkle rice into mixture. Add remaining ingredients.
4. Cover and simmer one hour.

Notes:

- 1 quart tomato juice and 2 cups water may be used instead of canned tomatoes and water.
- Use brown rice in place of white rice.

Nutrition Facts

Serving Size 1 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 570mg	24%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 19g	
Vitamin A 90%	• Vitamin C 60%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

27% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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