

# HAMBURGER SOUP

Number of portions: 12

Portion size: 1 cup

## INGREDIENTS

- 1 lb moose, caribou or beef, ground
- 1 tsp vegetable oil
- 1 onion, chopped
- 4 garlic cloves, finely chopped
- 1 can (540 ml) diced tomatoes
- 1 can (284 ml) tomato soup (low sodium)
- 1 tsp Worcestershire sauce (optional)
- 2 cups beef broth (or 2 cups of water with 10 ml beef Bovril©)
- 2 cups water
- 3 carrots, peeled and sliced
- 1 cup cabbage, chopped
- 1 cup fresh mushrooms, sliced (or 1 can)
- 1 cup frozen peas or 1 can (284 ml) peas, drained
- ¼ cup whole wheat macaronis, dry

## METHOD

1. In a large pot, heat the oil over medium heat. Brown the meat, onion and garlic for 5 minutes.
2. Add the tomatoes, tomato soup, Worcestershire sauce, beef broth and water.
3. Bring to a boil and simmer for about ½ hour.
4. Add the cabbage, carrots, mushrooms, peas and macaroni. Cover and simmer for another ½ hour.

## TIPS

- Any leftover vegetables could be added to the soup.

