



NORTH END
COMMUNITY
RENEWAL CORP.

North End Community Renewal Corporation
509 Selkirk Avenue, Wpg. MB R2W 2M6
204-927-2330
info@necrc.org

Hearty Beef Vegetable Soup

Serving Size: 8 Servings

Ingredients	Quantity	Method
Ground beef Water Diced tomatoes Carrots, medium, diced Potatoes, diced Onion, diced Celery, diced Salt, table Pepper, ground Oregano, dried Optional: Beef bouillon cubes, optional Green beans, fresh or frozen Mushrooms, diced	1 lb. 4 cups 796 mL 1 cup 1 cup ½ cup 1 cup 1 tsp. ¼ tsp. ½ tsp. 3 cubes 1 cup ½ cup	1. In large saucepan, cook beef over medium heat until no longer pink; drain. 2. Add the next 9 ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes and carrots are tender. 3. The optional ingredients can be added in method 2. 4. Serve hot and enjoy.
Notes: You can add protein of choice such as ground turkey, and chicken. You can also starch of choice such as rice or pasta.		