

Beef and Veggie Soup with Mozzarella

Soup of the Month May - 2015



Serve homemade soup in 30 minutes featuring beef, frozen mixed vegetables, tomatoes and mozzarella cheese - a perfect dinner.

Prep Time: 30 Min

Start to Finish: 30 Min

Makes: 8 servings

INGREDIENTS

- 1 lb. extra-lean (at least 90%) ground beef
- 1 large onion, chopped (1 cup)
- 2 cups frozen mixed vegetables (from 12-oz bag)
- 1 can (14.5 oz.) diced tomatoes with green pepper, celery and onions, undrained
- 4 cups water
- 1 1/2 teaspoons beef bouillon granules
- 1 1/2 teaspoons Italian seasoning
- 1/4 teaspoon pepper
- 1 cup shredded part-skim mozzarella cheese (4 oz.)

DIRECTIONS

1. In 4-quart saucepan or Dutch oven, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
2. Stir in remaining ingredients except cheese. Heat to boiling; reduce heat. Simmer uncovered 6 to 8 minutes, stirring occasionally, until vegetables are tender.
3. Sprinkle 2 tablespoons cheese in each of 8 soup bowls; fill bowls with soup.



Recipe Provides: Dairy 1/2c, Meat & Beans 1oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	8 g	Saturated Fat:	3 ½ g
Calories:	180	Calories from Fat:	70	Carbohydrates:	12 g
Cholesterol:	45 mg	Dietary Fiber:	2 g	Sodium:	570 mg
Sugars:	5 g	Protein:	16 g		



Recipe adapted from www.eatbetterearly.com