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# SLOW COOKED HAMBURGER SOUP

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Prep time: 30 min.      Cook time: 4-5 hrs.      Total time: 5hrs 30 min.

1 lb. lean ground beef  
1 onion, diced  
3 cloves garlic, minced  
1 (796mL) can stewed tomatoes  
4 cups beef stock  
2 cups water  
2 bay leaves  
1 (156mL) can tomato paste  
1 ½ cups diced potato, about 2 small potatoes  
1 cup bite size diced carrots, about 2 medium sized carrots  
1 ½ cups bite size diced sweet potato, about ½ small sweet potato  
1 cup bite size diced rutabaga  
1 ½ cups frozen corn  
½ Tbsp. dried basil  
2 Tsp. sea salt  
½ Tsp. black pepper  
½ Tsp. cumin  
¼ Tsp. allspice  
½ Tsp. celery seed  
1 Tsp. onion powder

In a large pot, over med. heat, brown the ground beef. Drain grease & add diced onion and garlic, cooking for about 2 minutes. Turn heat down to low and add remaining ingredients. Simmer gently, partially covered, for about 4-5 hours. Stirring every once in a while. When ready to serve, remove bay leaves and ladle into soup bowls. Top with a little mozzarella cheese and [Fresh Thyme & Garlic Compound Butter](#), if desired.

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