

Easy Slow Cooker Vegetable Soup

Featured in Prairie Fare Blog:
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<http://prairiefare.areavoices.com/2012/10/22/eat-better-eat-together/>

Ingredients:

- 1 lb. ground beef, browned and drained
- 1 16-ounce can stewed tomatoes
- 1 15-ounce can tomato sauce
- 1 package dry onion soup mix
- 1 can beef broth and 1 can water
- 1 package frozen mixed vegetables

Directions:

- Mix all above ingredients together in a slow cooker and cook on low seven to nine hours.

Makes 10 servings. Per serving: 210 calories, 10 grams (g) of fat, 18 g of carbohydrate, and 4 g of fiber.

NDSU EXTENSION
SERVICE