

Slow Cooker Vegetable Soup

Ingredients:

- 1 pound ground beef, browned and drained
- 1 (15-ounce) can tomato sauce
- 1 (14.25-ounce) can beef broth and 1 can water
- 1 (16-ounce) can stewed tomatoes
- 1 (1.45-ounce) envelope dry onion soup mix
- 1 (10-ounce) package frozen mixed vegetables

Directions:

- Mix all above ingredients together in slow cooker and cook on low seven to nine hours or simmer in a large pot for one hour.

Makes 8 servings. Per serving: 210 calories, 8 grams (g) fat, 14 g carbohydrate, 2 g fiber and 870 milligrams sodium.

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