

Choco Fever Dream

Hamburger Soup with Frozen Vegetables Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 (12-oz) bag frozen mixed vegetables
- [ ] 4 cups low-sodium beef broth
- [ ] 2 tbsp tomato paste
- [ ] 1 tbsp Worcestershire sauce
- [ ] 1 tsp dried thyme
- [ ] Salt and pepper to taste
- [ ] 2 tbsp olive oil

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Grated Parmesan cheese

Instructions

1. Heat olive oil in a large pot over medium-high heat. Add the ground beef, breaking it up, and cook until browned, about 5-6 minutes. cheeseburger soup tip: let the meat develop a deep color for richer flavor.
2. Stir in tomato paste and thyme; cook for another minute until fragrant. Then pour in 1 cup of beef broth to deglaze, scraping up any browned bits.
3. Add the remaining broth, Worcestershire sauce, and frozen vegetables. Bring to a gentle boil, then reduce to a simmer.
4. Let the soup simmer for 15 minutes, stirring occasionally. Taste and adjust salt, pepper, and perhaps a splash of another beef vegetable soup base.
5. Turn off heat, stir in fresh parsley and, if desired, a sprinkle of Parmesan. Ladle into bowls and enjoy.

Nutrition per serving

320 kcal	24 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the soup feels too thick, add a little extra broth or water.
- For a heartier version, toss in a cup of cooked pasta during the last five minutes.
- A dash of smoked paprika can add a subtle smoky depth.