



## Quick, Homemade Hamburger Soup

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



12

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce tomato sauce canned
- 28 ounce canned tomatoes diced canned
- 14.5 ounce carrots undrained sliced canned
- 14.5 ounce style green beans french undrained canned
- 1 pound ground beef lean
- 4 potatoes cubed peeled
- 12 servings salt and pepper black to taste
- 15.3 ounce regular corn sweet undrained canned

3.5 cups water

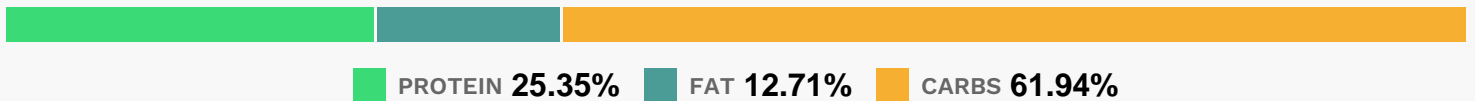
## Equipment

pot

## Directions

- Heat a large pot over medium-high heat, and stir in the ground beef. Cook until the beef is crumbly, evenly browned, and no longer pink.
- Drain, and discard any excess grease.
- Stir in the potatoes, carrots, green beans, corn, tomatoes, tomato sauce, and water. Bring the soup to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes. Season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:26.26, Glycemic Load:16.48, Inflammation Score:-10, Nutrition Score:20.81478255728%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 194.81kcal (9.74%), Fat: 2.94g (4.52%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 26.15g (9.51%), Sugar: 9.02g (10.02%), Cholesterol: 23.44mg (7.81%), Sodium: 496.59mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.37%), Vitamin A: 6340.72IU (126.81%), Vitamin C: 30.57mg (37.05%), Vitamin B6: 0.63mg (31.75%), Potassium: 982.22mg (28.06%), Vitamin B3: 5.16mg (25.78%), Fiber: 6.06g (24.25%), Vitamin K: 25.29µg (24.09%), Manganese: 0.45mg (22.62%), Phosphorus: 198.16mg (19.82%), Zinc: 2.78mg (18.51%), Iron: 3.25mg (18.06%), Copper: 0.33mg (16.64%), Magnesium: 65.57mg (16.39%), Vitamin B1: 0.21mg (14.27%), Vitamin B12: 0.85µg (14.11%), Folate: 50.93µg (12.73%), Vitamin B2: 0.22mg (12.68%), Vitamin E: 1.82mg (12.1%), Vitamin B5: 1.19mg (11.95%), Selenium: 7.7µg (11%), Calcium: 66.29mg (6.63%)