

# Crockpot Cheeseburger Soup

Gwen  
www.SlowCookerKitchen.com

## Servings: 6

1 pound ground beef  
1 onion, chopped  
2 carrots, diced or shredded  
1 stalk celery, diced  
1 can (14.5 ounce) chicken broth  
1 can chicken gravy  
3 cups hash brown potatoes  
12 to 16 ounces shredded Velveeta or Cheddar cheese  
1 1/2 to 3 cups regular or evaporated milk  
1 teaspoon dried basil  
2 tablespoons dried parsley  
1/4 cup sour cream  
salt (to taste)  
pepper (to taste)

## Preparation Time: 15 minutes

### Slow Cooker: 6 hours

Brown the ground beef and drain.

In the bottom of the crockpot, combine the beef, onion, carrots, celery, basil and parsley. Stir.

Cover and cook on LOW for five to seven hours.

(THIRTY TO FORTY-FIVE MINUTES BEFORE SERVING): Turn the crockpot to HIGH. Add the milk, cheese and sour cream. Stir and cover. Cook the additional time needed to melt the cheese. Stir to combine. Add salt and pepper to taste, if desired.

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Per Serving (excluding unknown items): 321 Calories; 25g Fat (71.0% calories from fat); 15g Protein; 8g Carbohydrate; 2g Dietary Fiber; 70mg Cholesterol; 487mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 4 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	321	Vitamin B6 (mg):	.3mg
% Calories from Fat:	71.0%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	9.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	25g	Folacin (mcg):	18mcg
Saturated Fat (g):	10g	Niacin (mg):	4mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
			0

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	70mg
Carbohydrate (g):	8g
Dietary Fiber (g):	2g
Protein (g):	15g
Sodium (mg):	487mg
Potassium (mg):	425mg
Calcium (mg):	53mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	7143IU
Vitamin A (r.e.):	765RE

Alcohol (kcal):	
% Daily Value*	0 0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	321	Calories from Fat: 228
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### % Daily Values\*

<b>Total Fat</b>	25g	39%
Saturated Fat	10g	51%
<b>Cholesterol</b>	70mg	23%
<b>Sodium</b>	487mg	20%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	2g	7%
<b>Protein</b>	15g	
<b>Vitamin A</b>		143%
<b>Vitamin C</b>		8%
<b>Calcium</b>		5%
<b>Iron</b>		13%

\* Percent Daily Values are based on a 2000 calorie diet.