
Hamburger Minestrone

Nancy Krenz

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1 pound ground beef
1 cup onion, diced
1 cup raw potatoes, diced
1 cup raw carrots, sliced or diced
1/2 cup celery, sliced
1 cup shredded cabbage
2 cups tomatoes
1 1/2 quarts water
1/4 cup raw long grain rice
1 bay leaf
1/2 teaspoon thyme
1 basil leaf
2 teaspoons salt (to taste)
1/8 teaspoon pepper
Parmesan cheese (for serving)
French or Italian bread (for serving)

In a deep kettle, brown the beef lightly with the onion.

Add the potatoes, carrots, celery, cabbage, tomatoes, water and rice. Bring to a boil.

Stir in the bay leaf, thyme, basil leaf, salt and pepper. Bring to a boil. Simmer for one hour.

Serve in bowls. Sprinkle with Parmesan cheese on the top. Serve with French or Italian bread.

(The vegetables may be increased in amount or the recipe doubled.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 1574 Calories; 122g Fat (69.8% calories from fat); 82g Protein; 37g Carbohydrate; 10g Dietary Fiber; 386mg Cholesterol; 454mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 6 1/2 Vegetable; 18 Fat.