

---

# Hamburger Soup

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**4 pounds ground chuck**  
**3 onions, chopped**  
**3 cans (16 ounce ea) tomatoes**  
**3 stalks celery, chopped**  
**1 tablespoon sugar**  
**1 tablespoon seasoning salt**  
**salt**  
**pepper**  
**1 to 2 teaspoons Bouquet Garni**  
**dash Worcestershire sauce**  
**4 carrots, cut in rounds**  
**any leftover vegetables with juice (peas, beans or okra)**  
**1 can beef broth, if needed**

In a skillet, saute' the meat. Add the onions and cook for 15 minutes. Add the tomatoes, celery and seasoning.

Cook slowly for two hours.

Add the carrots and cooked vegetables. Cook until done. Add beef broth if needed.

Two tablespoons of sherry or burgundy may be added before serving.

Yield: 10 to 12 servings

**Soups, Chili, Stew**

---

*Per Serving (excluding unknown items): 5248 Calories; 378g Fat (66.0% calories from fat); 343g Protein; 95g Carbohydrate; 21g Dietary Fiber; 1362mg Cholesterol; 2781mg Sodium. Exchanges: 48 1/2 Lean Meat; 14 1/2 Vegetable; 47 Fat; 1 Other Carbohydrates.*