

Quick and Hearty Soup

Lorene Rauschke

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*1 1/2 pounds ground beef
1 can (14-1/2 ounce)
stewed tomatoes with juice
3 cups tomato sauce
1 can (10-1/4 ounce) beef
broth
2 cups water or tomato juice
2 to 4 tablespoons onion,
chopped
1 clove garlic, minced
1 teaspoon marjoram
leaves
1/4 teaspoon pepper
1 package (24 ounce)
frozen stew vegetables*

In a large saucepan or Dutch oven, brown the beef. Drain off the excess drippings.

Add the remaining ingredients. Stir to mix. Bring to a boil.

Lower the heat. Simmer, uncovered, for 30 minutes or until the vegetables are tender. Stir occasionally. Taste for seasoning.

Per Serving (excluding unknown items): 2480 Calories; 182g Fat (65.8% calories from fat); 136g Protein; 77g Carbohydrate; 14g Dietary Fiber; 579mg Cholesterol; 6196mg Sodium. Exchanges: 0 Grain(Starch); 17 1/2 Lean Meat; 12 1/2 Vegetable; 27 Fat.