

20-Minute Vegetable Beef Soup (Freezer Friendly)

Prep	Cook	Total
10 min	2 hr	2 hr 10 min

Serving: 4

20-Minute Vegetable Beef Soup is almost too easy, and freezes beautifully. Make a double batch to freeze for a no-prep meal later this winter!

Ingredients

- 1 pound **lean ground beef** (*or ground turkey*)
- $\frac{1}{2}$ cup **chopped onion**
- 2 cloves **garlic** *minced*
- 2 cups **frozen mixed vegetables** (*I used peas carrots, corn, and green beans*)
- 1 can (15 ounces) **tomato sauce**
- 1 $\frac{1}{4}$ cups **beef broth**
- 1 tablespoon **soy sauce**

Directions

In a large pot, cook ground meat and onion over medium heat until meat is no longer pink; drain.

Add garlic and stir 1-2 minutes. Add vegetables, tomato sauce, broth, and soy sauce, and bring to a boil. Reduce heat; cover and simmer for 10 minutes or until hot and bubbly.

(Optional) Sprinkle freshly grated Parmigiano Reggiano on top.

