

Minestrone Soup with Hamburger

1 lb lean ground beef
1 T. Olive Oil
1 large onion, chopped
3 Carrots, peeled and sliced
2 Stalks Celery , Sliced
1 Cup Cabbage, chopped
3 cloves Garlic
1 can Kidney Beans, or any choice of beans, drained
2 14.5 oz cans diced tomatoes
6 cups vegetable or beef broth
1 tsp dried oregano
1 tsp dried basil
1 tsp herbes de Provence
Salt and Pepper to taste

In a stockpot, saute onions, carrots, celery and garlic in olive oil until tender. Add the beans, cabbage, tomatoes, broth and herbs.

In a separate pan, brown ground beef. Drain and add to soup.

Simmer for about an hour and a half and serve.

NOTE: You may serve with pasta, but I don't recommend that you cook in the pasta because it doesn't freeze well. Without the pasta, this soup freezes really well!