All for the Beef

Goulash-Style Beef Hamburger Soup

Prep 15 mins
Cook 35 mins
Yields 6 servings

Shopping List

Extra lean ground beef sirloin or round
Onion
Garlic cloves
Carrot
Celery stalk
Mushrooms
Paprika, caraway seed, chili pepper flakes
Potato
Sodium-reduced chicken or beef broth
Fresh parsley
Tomato paste
Soy sauce
Frozen peas

Ingredients

1 lb (500 g) extra lean ground beef sirloin, round or extra lean/lean ground beef

1 large onion, chopped

4 cloves garlic, minced

1 each carrot and celery stalk, thinly sliced

8 oz (250 g) sliced mushrooms

2 tbsp (30 mL) paprika

½ tsp (2 mL) caraway seed

¼ tsp (1 mL) chili pepper flakes (optional)

1 potato, scrubbed and cut into chunks

1 pkg (900 mL) sodium-reduced chicken or beef broth

¼ cup (50 mL) chopped fresh parsley

2 tbsp (30 mL) tomato paste

2 tbsp (30 mL) sodium-reduced soy sauce

½ cup (125 mL) frozen peas

Instructions

1. Cook beef, onion, garlic, carrot, celery, mushrooms, paprika, caraway seed and chili pepper flakes in Dutch oven over medium heat for 10 to 15 minutes or until meat is thoroughly cooked and any liquid has evaporated. Drain if desired.

2. Add potato, broth, parsley, tomato paste and soy sauce; bring to boil. Reduce heat and simmer for 15 minutes.

3. Add peas; simmer for 5 minutes.

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Hungarian flavours, lots of vegetables and seasonings make this main-course beef hamburger soup an interesting departure from traditional Hamburger Soup recipes. You can use almost any mix of vegetables you want, even frozen.

Use an abundance of veggies, lean beef plus sodium-reduced broth for a heart-healthy approach. Hungarian spices, soy sauce and fresh parsley pump up the flavour.

Good source of iron (21% DV) and excellent source of zinc (44% DV), 28% DV sodium.

Nutrition Facts
per serving

Amount	
Calories	200
Protein	20 g
Fat	5 g
Carbohydrate	19 g
Fibre	3 g
Sodium	662 mg

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Recipe courtesy of Canada Beef **https://canadabeef.ca/recipe/goulash-style-beef-hamburger-soup/**