

CHEESEBURGER VEGETABLE SOUP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 217

Total Fat: 8 g

Saturated Fat: 3 g

Sodium: 549 mg

Total Carbohydrate: 12 g

Dietary Fiber: 2 g

Total Sugars: 6 g

Protein: 19 g



Ingredients

- 1 Tablespoon canola oil
- 1 small onion, diced
- 1 pound 93% lean ground beef
- 2 cups frozen mixed veggies
- 1 Tablespoon Worcestershire sauce (choose gluten free for GF version)
- 2 teaspoons dried basil leaves
- ¼ teaspoon ground black pepper
- 2 cups water
- 2 cups skim milk
- 2 teaspoons chicken bouillon powder (choose gluten free for GF version)
- ¼ cup all-purpose flour (choose gluten free blend or cornstarch for GF version)
- ¼ cup shredded part-skim mozzarella cheese
- 2 - 2% milk American cheese slices
- 4 teaspoons Dijon mustard



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Directions

1. Drizzle canola oil over bottom of stockpot. Add onion and ground beef and cook over medium-high heat until onions are translucent and beef is no longer pink. Use spatula to break up beef into small pieces during cooking. Add mixed veggies, Worcestershire, basil and black pepper. Stir to combine.
2. Add water and skim milk to medium saucepan. Turn heat on medium-high and whisk in bouillon, flour, cheeses and mustard. Bring to boil, stirring constantly. Turn heat down to medium-low and continue to stir until thickens. Whisk in more flour if thicker consistency desired.
3. Add sauce to beef and veggie mixture. Stir to combine. Bring to boil, then simmer for 5 minutes.
4. Garnish with ketchup for added cheeseburger flavor if desired.



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