

Hamburger Soup (Paleo or Vegan)

14 ingredients · 40 minutes · 10 servings



Directions

1. Prepare all of the vegetables and cut into 1/2-1 inch pieces and set aside.
2. Brown the meat or rinse and prepare the beans and lentils.
3. Add the chopped veggies to the meat once it is almost browned and sauté together to let the flavours meld. If doing a veggie soup, sauté the veggies and add in the beans with a little oil and salt and pepper.
4. Place the meat/veggie or bean/veggie mixture into a large pot and add in the tomatoes and broth.
5. Add more broth as needed to cover the vegetables to allow them to cook. Add in the additional seasonings and the butternut squash or potatoes. Cook on medium to medium high heat for approx. 1 hour. Then simmer as long as you like to further enhance the flavour. If you plan to simmer for a while, ensure you add the potatoes for only 1-hour before you plan on eating, so they do not become too soft.
6. Always taste at the end and add more salt and pepper, garlic, Italian or basil as needed. Enjoy!

Notes

Instant Pot Option

You can also do this entire recipe in the instant pot. Brown the meat and veggies or veggies and beans first and then add in all the additional ingredients and select the soup option for 30 minutes at normal pressure.

Ingredients

- 1 lb** Extra Lean Ground Beef (can sub for ground turkey, to make vegan use 2 cups of beans or lentils for every pound of meat to replace)
- 1 lb** Extra Lean Ground Turkey
- 6** Heirloom Carrots (chopped)
- 2 cups** Butternut Squash (finely chopped medium sized squash, can sub for 3 medium potatoes)
- 2** Yellow Onion (diced, or substitute for 10 green onions chopped)
- 3 stalks** Celery (or zucchini, chopped)
- 1 1/2** Yellow Bell Pepper (can use green, red or yellow bell peppers)
- 1** Garlic (clove diced, for low FODMAP or SIBO, omit or drizzle in garlic infused oil to taste at the end)
- 1 28 fl oz. can** Fire Roasted Diced Tomatoes
- 1 2/3 quarts** Chicken Broth (or beef broth, to make vegan substitute for vegetable broth)
- 1/4 cup** Italian Seasoning (it seems like a lot but it all is usually required to obtain the best results, add slowly and taste as you go)
- 2** Bay Leaves (optional)
- 1 tsp** Dried Basil (can add more to taste at the end)
- Sea Salt & Black Pepper (add to taste)