



hamburger soup

serves 12

ingredients



4

carrots, cut small



1/8 tsp
or
.5 ml

pepper



1 1/2 lbs
or
.7 kg

lean hamburger
or ground caribou



4 cups
or
1 litre

water



1

onion, cut small



2

celery stalks, cut small



1

bay leaf



2 cups
or
500 ml

beef stock



19 oz
can
or
796 ml
can

tomatoes and liquid,
cut medium



1 tsp
or
5 ml

parsley



10 oz
can
or
284 ml
can

tomato soup



1/2 tsp
or
2 ml

thyme



1/2 cup
or
125 ml

barley, uncooked

Recipe serves 12—each serving represents:

-  1/6 serving from the Grain Products Food Group
-  1 servings from the Vegetables and Fruit Food Group
-  1 serving from the Meats and Alternatives Food Group

 based on Canada's Food Guide to Healthy Eating

Always wash your hands with soap and water **before** and **after** you touch food.



healthyalberta.com

1 Add ingredients.



lean hamburger + onion
or ground caribou



Cook in a large pot on medium heat
for 10 to 15 minutes.

2 Add ingredients.



tomatoes +
and liquid



water +



beef stock +



tomato soup +



carrots +



bay leaf +



celery +



parsley +



thyme +



pepper +



barley

3



Cook 1 hour on medium heat.



Mix together in pot.

recipe source



NWT Prenatal Nutrition Workshop '98 Cookbook. Used with permission from *First Nations Healthy Choice Recipes* – Chinook Health Region & the Southern Alberta Aboriginal Diabetes Coalition.