

Hamburger Soup

20 min prep 1hour cooking time

Modify ingredient amounts according to the size of pot you have

Modify to taste, add, subtract etc it is a very flexible soup

20 min prep - 1 hour cooking time

The basic parts

Brown together in large soup pot	
1 -2 lb hamburger	1 onion chopped up small
2-4 clove of garlic chopped up fine	generous salt and pepper
Brown together and drain most of the fat - leave some in for flavour	

Add

1 can chunky tomatoes	1 can tomatoe sauce
3-4 carrots diced up	2 sticks of celery chopped up
	4-8 tbs pearl barley
Approx 2 large tablespoons of "Better than Bullion" beef bullion (from Costco) or 3 cans beef consume or its equivalent	

Spices:

1-2 tsp thyme parsley - fresh cut or 1-2 tsp

1-2 bay leaves 1-2 tsp cumin salt and pepper

Water to fill the pot

optional

if you have a bit of leftover spaghetti sauce or chili toss that in for extra flavour

Simmer for 1+ hours