

Quick and Easy Vegetable Beef Soup

- 1 1/2 to 2 lbs. lean ground beef
- 1 onion, chopped
- 1 1/2 cup water
- 2 (28 oz.) cans of diced tomatoes
- 1 1/2 teaspoon garlic powder
- 1 1/2 teaspoon sea salt, to taste
- 1/2 teaspoon dried basil
- 1/2 teaspoon finely ground black pepper, or to taste
- 3 1/2 teaspoon beef bouillon
- 2 (12 oz.) packages frozen mixed vegetables

Cook and stir ground beef in the pot until completely browned, 7 to 10 minutes. Stir onion into the meat and continue to cook and stir until the onion is translucent, about 5 minutes. Drain fat from the pot and return to medium heat.

Pour water and tomatoes into the pot. Season soup with garlic powder, sea salt, basil and black pepper. Stir beef bouillon through the soup. Add frozen mixed vegetables to the pot and stir.

Bring the soup to a boil, reduce heat to low and cook, stirring occasionally until the vegetables are cooked through – 20 to 30 minutes.