

Hamburger Soup - Courtesy of Joanne Bird

SERVES: 6-8

INGREDIENTS:

- 1 lb. of hamburger
- 3-5 carrots, peeled & chopped
- 4-6 potatoes, peeled & chopped
- 3-5 stalks of celery, chopped
- 1 onion, peeled & chopped
- 1/4 cup split red lentils
- 1/2 cup split pot barley
- 1 can of diced tomatoes
- 2 cans of consommé
- canola oil
- salt & pepper to taste
- 1 tablespoon garlic powder
- 1/4 cup Worcestershire sauce

DIRECTIONS:

- Fry hamburger in skillet with a small amount of canola oil and garlic powder until it is thoroughly cooked.
- In a large oven-safe pot (preferably cast iron) or crock-pot, mix all ingredients together.
- Cook slowly, either in oven at 200• F - 300• F for 3 hours, or in a crock-pot on Low for 6 hours. Stir occasionally.

TIPS: To feed more people, add some water while soup is cooking.

If soup is too salty, throw in a whole peeled potato - it will absorb the excess salt. Simply spoon it out and discard before serving.

