

HOMESTYLE HAMBURGER SOUP

Gluten Free . Dairy Free . Delicious

Healthy and hearty, this Hamburger Soup tastes just like home. Serve it with gluten free biscuits and sop up that savory broth.

Ingredients

- 1 Tablespoon neutral oil *
- 1 pound ground beef
- 1 teaspoon kosher salt
- 1/2 teaspoon ground pepper
- 1 medium yellow onion, minced
- 3 large carrots, peeled & diced
- 4 large stalks of celery, diced
- 4 medium potatoes**, cut into 1" cubes
- 7 cups beef broth
- 1 - 15 oz can tomato sauce
- 3 Tablespoons Worcestershire sauce***
- 1 cup frozen peas, corn, or green beans (or any combination thereof)

Method

Stove Top:

1. Brown the ground beef in the oil. Season with salt and pepper. Remove from pan, drain and set aside.
2. Add the chopped onions to the remaining fat. Add a little more oil if it seems too dry. Cook on medium heat until the onions begin to soften, about 3-4 minutes. Add the diced carrots and celery and cook for about 5 more minutes. Add the prepared potatoes, then add the browned beef back to the pan.
3. Add the broth, tomato sauce, and Worcestershire sauce and stir to combine. Bring to a gentle boil then reduce heat to low and simmer for about 20-30 minutes, or until vegetables are cooked through.
4. Add the frozen vegetables and cook until warmed through, then serve.

Instant Pot:

1. In the base of your Instant Pot, turn on the saute function and brown the ground beef in the oil. Season with salt and pepper.
2. Add the chopped onions to the remaining fat. Cook until they begin to soften, about 3-4 minutes. Add the diced carrots and celery and cook for about 5 more minutes. Add the prepared potatoes, broth and Worcestershire sauce and stir to combine.
3. Stir, seal, and set the the Instant Pot for 5 minutes on high pressure.
4. Once the cycle is complete, quick release and remove the lid. Stir in the tomato sauce and frozen vegetables, stir, and serve.

Notes

*I love refined coconut oil here, but you can use whatever oil best suits your needs.

** Peel the potatoes if using Russets. If using waxy potatoes, no need to peel.

*** Lee & Perrins is my favorite gluten free Worcestershire sauce. Omit to make this recipe free of all top allergens.

