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Hamburger Lentil Soup

Ingredients:

Lean ground beef, browned, 16 oz.
Diced tomatoes, 1 can (28 oz.)
Dried brown lentils, rinsed, 3/4 cup
Water, 4 cups
Celery, thinly sliced, 3 stalks
Carrots, thinly sliced, 3 medium
Onion, diced, 1/2 cup
Garlic, minced, 2 cloves
Better than bouillon, 1 tbsp
Dried oregano, 2 tsp
Dried basil, 1 tsp
Black pepper, 1/2 tsp
Bay leaves, 2

Directions:

Stove Top:

1. In a large saucepan, cook ground beef over medium-high heat until no longer pink. Drain fat.
2. Stir in diced tomatoes and remaining ingredients. Bring to a boil.
3. Cover saucepan, reduce heat to medium-low and simmer 40-60 minutes until vegetables are tender. Adjust seasoning to taste.
4. Discard bay leaves before serving or dividing into meal prep containers.

Slow Cooker:

1. In a skillet, cook ground beef over medium-high heat until no longer pink. Drain fat.
2. Add ground beef to slow cooker along with remaining ingredients. Stir once to combine.
3. Cover and cook on LOW setting for 12 hours or HIGH setting for 6 hours.
4. Discard bay leaves before serving or dividing into meal prep containers.

Nutrition Facts:

Serving size: 1 serving

Recipe yields: 6 servings

Calories: 257

Fat: 6 g

Carbs: 27 g

Protein: 23 g