

Hamburger Soup

Our Young Chefs, 2015

Makes 8 to 10 servings

This soup is hearty and satisfying on a cold winter day or any time you want to share a warming bowl of soup with family or friends. The ingredient list can be very flexible - use this soup to clean out your refrigerator and include what you have on hand!



INGREDIENTS

1 large onion, $\frac{1}{2}$ - to $\frac{3}{4}$ -inch dice
5 garlic cloves, thinly sliced
1 or 2 stalks celery, $\frac{1}{2}$ -inch dice
1 small rutabaga, $\frac{1}{2}$ - to $\frac{3}{4}$ -inch dice
(optional)
4 carrots, peeled, sliced on the diagonal in $\frac{1}{2}$ -inch lengths
1 pound red potatoes, $\frac{3}{4}$ -inch dice
1 red bell pepper, $\frac{1}{2}$ -inch squares
1 yellow bell pepper, $\frac{1}{2}$ -inch squares

$\frac{1}{2}$ pound fresh green beans, stem end removed, cut into 1-inch lengths
(optional)

OR $\frac{2}{3}$ cup frozen baby lima beans

OR green peas *(optional)*

2 to 3 ears corn

OR 1 cup frozen corn kernels



8 to 10 sprigs fresh thyme

OR 1 teaspoon dried thyme leaves

$1\frac{1}{2}$ to 2 pounds ground chuck (80% lean ground beef)

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

DIRECTIONS

Prepare the vegetables: Prepare the onion, garlic, celery, rutabaga, carrots potatoes and the red and yellow bell peppers as described. The onion, garlic and celery can be combined in the same bowl; and the red and yellow bell peppers can be combined in a second "same" bowl as they are prepared. The other vegetables should be placed in individual bowls. If the potatoes begin to darken, cover with water.

Green beans: If using green beans, prepare them now; set aside. If using frozen lima beans or green peas, they may remain frozen until added later.

Corn: Cut each ear of corn into 5 or 6 pieces, cutting crosswise through the cob, creating thick "coins" of corn. Alternately, cut the corn kernels off of the cobs; set the prepared corn aside. If using frozen corn, it may remain frozen until added later.

Thyme: Tie the sprigs of fresh thyme in a bundle using string; set aside. If using dried thyme, it will be added later.

Begin cooking the soup: In an 8-quart heavy Dutch oven or heavy pan over medium-high heat, brown the ground meat with the diced onion, garlic and celery. While it is cooking, season with the $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Cook for about 4 minutes or until the meat loses its pink color; remove the pan from the heat. Drain off as much fat as possible. (Discard the fat in the trash once it cools.)

8 cups beef broth
1 can (14.5-ounce) diced tomatoes,
undrained
3 tablespoons tomato paste
1 teaspoon dried oregano
2 bay leaves
 $\frac{1}{2}$ teaspoon garlic powder (*optional*)
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
3 tablespoons Worcestershire sauce
1 tablespoon Maggi Seasoning Sauce*
OR Kitchen Bouquet † (*optional*)



$\frac{1}{4}$ cup fresh parsley leaves, diced
(*optional*)
1 to 2 cups beef broth, heated
(*optional*)
OR 1 to 2 cups water, heated
(*optional*)

Flavor the soup: Return the pot to the heat (medium-high); add the **beef broth, canned tomatoes, tomato paste, oregano, bay leaves, fresh thyme bundle or dried thyme, garlic powder, salt, pepper, Worcestershire sauce and Maggi or Kitchen Bouquet**. If including **rutabaga** in the soup, add that first; cook for 10 minutes before adding the next group of vegetables.

Add vegetables; simmer: After the **rutabaga** has cooked 10 minutes (or if not using the rutabaga, add the **following vegetables** with the beef broth and other flavoring ingredients in the previous step) add the **carrots, potatoes and green beans** (*not* the baby lima beans or green peas if they are being used). Cover the soup to quickly bring the soup back to a boil; uncover and cook for 15 minutes.

Add additional vegetables; simmer: After cooking for 15 minutes, add the **bell pepper, baby lima beans or green peas** (if using), **corn** (either coins, cut - fresh or frozen), and fresh **parsley**. Cook 10 to 12 more minutes or until **all of the vegetables** are tender. If time allows, lower the heat and allow the flavors to blend, but do not allow the soup to cook until the vegetables are mushy. The soup will be somewhat thick, but if a more "soupy" consistency is desired, add **1 or 2 more cups hot broth or hot water** - do not add room temperature liquid.

Finish and serve: Taste; adjust the seasoning adding more **salt, pepper, garlic powder, Worcestershire or Maggi/Kitchen Bouquet**. Serve immediately.



* **Maggi Seasoning Sauce** is a dark, soy-sauce-type vegetable-protein-based condiment sauce, popular in Asia, Europe, Mexico and South America. The sauce imparts and boosts an umami (savory) flavor; favored to enhance the flavor of soups, stir-fries, marinades and as a dipping/topping sauce. Maggi Seasoning Sauce can often be found on the international foods aisle of the grocery store, at Asian or Hispanic markets or World Market; this product is *not* gluten-free.

† **Kitchen Bouquet** is a browning and seasoning sauce primarily composed of caramel with vegetable flavorings used to add savory flavor and rich color to soups, stews, sauces and gravies. Kitchen Bouquet can generally be found in the grocery store either near flavoring sauces such as Worcestershire sauce or with gravy mixes; this product *is* gluten-free.
