

IN THE KITCHEN WITH



## Autumn Soup

{My Mom's Recipe}

This is by far one of my favorite comfort foods. I grew up with my mom making this every fall and winter. As soon as the weather turns chilly, this is the first thing I crave. Good for your body and warmth to your soul.

- 1lb Lean beef
- 1 Cup Onion
- 4 Cups low sodium beef broth (or homemade broth)
- 2 Cup carrots bite sized slices (Approximately 10 carrots)
- 1 Cup potatoes (Low Carb Alternatives: Green Beans or Zucchini)
- 1 Can dice tomatoes
- 1 Teaspoon of bottled kitchen bouquet sauce
- 1 Tablespoon of Better than Bullion (this is great but high in salt so you may not need any additional salt)
- 1 Bay leaf
- 1/2 Teaspoon Dried basil
- Salt to taste
- Pepper to taste

Prep your crockpot, place on high heat.

Heat a Frying pan on medium heat and sauté ground beef until brown. Remove the beef and drain if necessary. I buy 93% lean beef so I typically do not have to drain the beef but this soup can get greasy if you use a higher fat beef.

In the same frying pan, sauté the onions until they are translucent. Transfer both the onions and beef to your crockpot.

Add the rest of the ingredients except the zucchini and/or green beans, as they do not need to cook very long.

Cook soup for 2.5 hours. Add in Zucchini and /or fresh green beans.

Cook for another 45-1 hour.

Soup should be bubbling, carrot and potatoes should be fork tender.

If you add the potatoes to your soup, it will become a bit thicker from the starch that is released while cooking. I am used to the broth being a bit thicker and prefer it this way. Since I am not eating potatoes on a regular basis I simply add in a tablespoon of cornstarch to this recipe and get the same effect the potatoes give the soup. This is NOT necessary, as it doesn't change the taste, just the texture.

Enjoy!!