

Quick Italian Beef and Vegetable Soup

1 lb. Lean ground beef

1 lg. Clove garlic

½ tsp. Pepper

¼ tsp. Salt

2 13 ¾ to 14 ½ oz. Cans of beef broth

1 14-½ oz. Can of Italian Style Stewed Tomatoes, undrained, broken up

1 cup ¼ in. thick sliced carrots or tiny whole carrots

1 15 to 19 oz. Can of cannelloni (white beans) or great northern beans, rinsed, drained

1 medium zucchini, cut lengthwise into ¼ in. thick slices

2 cups of torn spinach leaves, lightly packed

(You can also add onion, celery, parsley, and broccoli)

Heat a large saucepan over medium heat until hot. Add ground beef and garlic. Brown 4 to 5 minutes breaking beef up into ¾ in. crumbles. Pour off drippings, season beef with salt and pepper.

Stir broth, tomatoes, and carrots into crock-pot. Add beef. Add beans and zucchini. Cook on high 4-5 hours. Stir in spinach before serving.

For a large group, triple the recipe.