

### Italian Vegetable Soup

Thanks to my sweet friend Eleana Kyle for sharing this!

- 1lb lean hamburger
- 1 c diced onion
- 1 c sliced celery
- 1 c sliced carrots
- 2 cloves minced garlic
- 16 oz diced tomatoes
- 15 oz tomato sauce
- 1 can kidney beans
- 1 c water
- 1-15 oz can beef consume (can use vegetable stock)
- 1 T dried parsley
- 1 tsp Salt
- 1/2 tsp Oregano
- 1/4 tsp Pepper
- 2 c Shredded purple cabbage

Brown and drain beef. Add all but cabbage. Bring to a boil. Reduce heat. Cover and simmer for 20 min. Add cabbage. Boil again. Reduce heat, simmer until veggies are tender.

Serving Size - 6  
Calories - 247  
Carbs - 10.4 g  
protein - 23.6 g  
Fat - 9.4 g