

### 3 - Soup Containers

## Easy Hamburger Stew

*This wholesome hearty old fashioned hamburger stew is made in less than forty minutes with ground beef, fresh vegetables, and a perfect blend of spices most of which you may already have on hand.*



- **Prep Time:** 10 minutes
- **Cook Time:** 30 minutes
- **Total Time:** 40 minutes
- **Yield:** 6 servings
- **Method:** stovetop

### INGREDIENTS

<ul style="list-style-type: none"><li>• 1 1/2 pounds lean ground beef</li><li>• 1 medium onion chopped</li><li>• 2 cloves garlic minced</li><li>• 1 teaspoon dried oregano</li><li>• 1 teaspoon dried parsley</li><li>• 1/2 teaspoon crushed rosemary</li><li>• 1/2 teaspoon thyme leaves</li></ul>	<ul style="list-style-type: none"><li>• 4 carrots peeled and chopped</li><li>• 2 russet potatoes peeled and cut in small cubes</li><li>• 1 (14.5) ounce can fire roasted tomatoes</li><li>• 1 1/4 cup low sodium beef broth</li><li>• 2 tablespoons tomato paste</li><li>• 2/3 cup frozen baby peas</li><li>• salt and pepper to taste</li></ul>
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### INSTRUCTIONS

1. In a stockpot over medium heat, brown the ground beef. When it is about halfway through the browning process, add the onion and cook until the onion is soft and the ground beef is browned; approximately 5-6 minutes. Drain any excess grease.
2. Reduce heat to low. Add garlic, oregano, parsley, rosemary, and thyme; cook for 1 minute, stirring constantly. Add the potatoes, carrots, and diced tomatoes.
3. In a bowl or large measuring cup whisk together the beef broth and tomato paste. Stir it into the pot. Simmer covered for 15 minutes.
4. Add the peas and simmer covered until the potatoes and carrots are tender. Season with salt and pepper to taste.

### NOTES

- Draining any excess grease after cooking the onions.
- Russet, red, or gold potatoes all work well with this recipe.
- Freezes for up to six months.
- To reheat, thaw in the refrigerator overnight and heat on the stovetop on low or in the microwave at reduced power.

## FREEZING INSTRUCTIONS FOR PREPARED MEALS:

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- ✓ Cool meal **completely!!!**
- ✓ PLEASE **DO NOT** OVER FILL THE CONTAINERS...LEAVE ABOUT 1" TO ¾" SPACE FROM TOP.
- ✓ Cover with saran wrap or aluminum foil (we prefer aluminum foil).



- ✓ Press down into the sides of the cooking pan to ensure that no air is trapped under the wrap. This will protect your dish from freezer burn and prolong its freezer life.



- ✓ Then, cover with foil cover that was given. Make sure label sticks to cover.