

Almost Instant Soup

- 1 lb. lean ground beef or turkey
- 1 Large onion
- 3-4 Potatoes chopped
- 1 (16oz) bag frozen peas and carrots
- 1 (14.5oz) can green beans
- 1 (10.75oz) can low sodium tomato soup
- 1 (15.25oz) can corn
- 2 (14.5oz) can chopped stewed tomatoes
- Salt and pepper to taste

Cook ground meat and onion until meat is browned and onion is tender. Add remaining ingredients including the liquid in the cans. Cover and simmer for 30 minutes.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

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