

# Best Hamburger Soup with Quinoa

Prep time	Cook time	Total time
15 mins	1 hour 20 mins	1 hour 35 mins

Nothing will warm you up faster than this comfy and cozy hamburger soup with quinoa. It's full of veggies including carrots, celery, onion, and cabbage and all of the right seasonings.

Author: Megan

Recipe type: Soup

Cuisine: Gluten Free

Serves: About 4 quarts

## Ingredients

- 1 pound ground beef
- 1 small yellow onion, chopped
- 32 oz low sodium beef stock
- 1 cup sliced raw carrots
- 1 cup diced raw celery
- 2 small-med potatoes, diced
- 4 cups green cabbage, shredded
- 2 15 oz cans stewed tomatoes
- ½ cup quinoa
- 1 bay leaf, crushed
- ½ teaspoon dried thyme
- ½ teaspoon dried basil
- 2 teaspoons **Garlic & Italian Seasonings** or go spicer w/ curcumin
- 1 teaspoon black pepper

## Instructions

1. In a large pot, brown hamburger with chopped onions on medium high heat. Continue cooking until onion is soft and hamburger is cooked through about 8-10 minutes.
2. Add beef stock and stir. Reduce heat to medium low.
3. Add carrots, celery, potatoes, cabbage, and stewed tomatoes.
4. Bring pot to a boil.
5. Add quinoa, bay leaf, thyme, basil, Lawry's seasoning sat, and black pepper.
6. Reduce heat to a simmer and cover.
7. Simmer pot for one hour.
8. Optional toppings: dried parsley, cheddar cheese but recommended!

Recipe by 3 Scoops of Sugar at <http://www.3scoopsofsugar.com/best-hamburger-soup-quinoa/>

