
HAMBURGER CAULIFLOWER SOUP

Entire Recipe is 16oz of protein and 4 cups of vegetables
From: Myrecipereviews.com



Ingredients

- 1 Tbsp olive oil
- 1 lb ground beef
- 1 (14.5 oz) can stewed tomatoes
- 3 cups low sodium beef broth
- ½ tsp onion powder
- ¼ tsp garlic salt
- ½ tsp basil
- 1 tsp celery flakes
- salt and pepper to taste
- 4 cups cauliflower florets
- salt and pepper to taste

Directions

1. Add the oil to a large pot and turn heat on medium. When oil is hot, saute the onion until almost translucent.
2. Add the ground beef and brown. Drain excess grease.
3. Add the stewed tomatoes, broth and seasonings.
4. Simmer on low for about 20 minutes or cook in crockpot on low all day

Notes

Options

- double or triple the recipe and freeze the extras!
- use frozen caulirice instead of cauliflower florets
- add a bag of shredded cabbage for extra veggies