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Description

Nothing comforts the soul quite like a piping hot bowl of Hearty Ground Beef and Vegetable Soup. Packed with rich, savory browned beef and tender crisp-tender vegetables simmered in a seasoned tomato-beef broth, this dish offers incredible texture and comforting flavor in every spoonful. It is a wholesome, high protein and low-carb option designed to keep you feeling full, nourished, and satisfied.

Can This Hearty Ground Beef and Vegetable Soup Support Weight Loss Goals?

Yes, this soup is exceptionally well-suited for weight loss goals because it offers a high protein, nutrient-dense profile with a low energy density. Lean ground beef supplies high-quality protein while the fiber-rich vegetables provide bulk and volume, helping you feel satisfied for hours without overloading on excess calories.

Does Hearty Ground Beef and Vegetable Soup Fit a High Protein Lifestyle?

This recipe is a perfect fit for a high protein lifestyle, delivering a generous 28 grams of

protein per serving. By utilizing extra-lean ground beef along with non-starchy vegetables like zucchini, celery, green beans, and bell peppers in a rich broth, it maintains a low net carb footprint. It allows you to fuel your body with clean protein while keeping carb counts manageable.

My Personal Experience

- Comforting and Effortless One-Pot Meal

  Cooking everything in a single Dutch oven saves time and locks in deep, rich flavors with minimal cleanup required after dinner.

- Exceptional Depth of Savory Flavor

  Browning the beef thoroughly before adding aromatics creates a rich caramelization that elevates the simple broth into something truly crave-worthy.

- Meal Prep Champion for Busy Weeks

  The soup develops even better flavor overnight in the fridge, making lunch prep simple, nutritious, and delicious all week long.

Perfect For:

- Cozy winter dinners when you want a warm, high protein meal.
- Meal prep containers for quick low-carb recipes during busy work weeks.
- Post-workout dinner to rebuild muscle with lean beef protein and mineral-rich broth.
- Flexible keto diet plans and low-carb meal schedules.

Why You’ll Love This Recipe:

- High-Protein Satiety Without Heavy Carbs

Delivers maximum comfort and savory flavor without relying on heavy noodles, potatoes, or rice.

- Simple, Everyday Pantry Ingredients

  Made using accessible produce and staple spices so you can whip it up anytime without a specialty grocery trip.

- Great for Family Batch Cooking

  Easily scales up to feed a large crowd or store in portions for convenient nutrition throughout the week.

Common Mistakes to Avoid:

- Overcrowding the Pot During Browning: Cramming the ground beef in without space steams the meat instead of browning it, losing crucial depth of flavor.
- Overcooking the Green Vegetables: Adding delicate vegetables like zucchini too early makes them mushy; add them during the last 10 minutes of simmering.
- Skipping the Fat Skimming: If using higher fat ground beef, failing to drain excess fat can leave a greasy oil layer on top of your broth.
- Under-seasoning the Broth: Unsalted broths require careful salt adjustment at the end of cooking to bring out the vegetable and meat flavors.

Required Equipment:

- Large Heavy-Bottomed Pot or Dutch Oven — Distributes heat evenly to prevent scorching and holds heat for a steady simmer.
- Wooden Spoon or Meat Chopper — Easily breaks up ground beef into uniform crumbles for even browning.
- Chef’s Knife & Cutting Board — Allows for fast, uniform chopping of all the fresh low-carb

vegetables.

- Ladle — Safely transfers hot, soup-heavy servings without splashing or spilling.

Storage Instructions:

Allow the soup to cool completely before transferring it to airtight glass meal prep containers. Store in the refrigerator for up to 4–5 days to keep the protein and vegetables fresh. For long-term storage, freeze in freezer-safe containers for up to 3 months; thaw overnight in the fridge before reheating.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 30 minutes
- Total Time: 45 minutes
- Servings: 6
- Best Season for This Recipe: Winter (or All-Season comfort meal)
- Total Calories (Per Serving): Approximately 280 calories

A robust, heartwarming bowl of soup brimming with seasoned beef and tender garden vegetables. This simple recipe brings big, slow-simmered taste to your table in under an hour. Perfect for cozy evenings and wholesome weekly meal prep.

 Ingredients:

- 1.5 lbs Extra Lean Ground Beef *(90/10 or 93/7 lean to maximize protein and minimize excess grease)*

- 1 medium Yellow Onion *(diced)*
- 3 cloves Garlic *(minced)*
- 2 ribs Celery *(sliced)*
- 1 medium Bell Pepper *(diced)*
- 1 medium Zucchini *(chopped into bite-sized pieces)*
- 1 cup Green Beans *(trimmed and cut into 1-inch pieces)*
- 1 can (14.5 oz) Diced Tomatoes *(with juice, no added sugar)*
- 4 cups Low-Sodium Beef Broth
- 2 tbsp Tomato Paste
- 1 tsp Italian Seasoning
- 1 Bay Leaf
- 1 tbsp Olive Oil
- Salt and Black Pepper to taste

Directions:

1. Brown the Beef: Heat olive oil in a Dutch oven over medium-high heat; add ground beef, breaking it apart, and cook for 6–8 minutes until browned and no longer pink. *(High-protein tip: Let the beef get a golden sear before breaking it apart completely to lock in rich flavor).*

2. Sauté Aromatics: Reduce heat to medium; add diced onion, celery, and bell pepper to the pot and cook for 4–5 minutes until softened and translucent, then stir in minced

garlic and tomato paste for 1 minute until fragrant.

3. Simmer the Soup: Pour in the beef broth and diced tomatoes with their juices; add Italian seasoning, bay leaf, salt, and pepper, stirring to deglaze the bottom of the pot. Bring to a boil, then reduce heat to low, cover, and simmer gently for 15 minutes.

4. Add Soft Vegetables: Stir in the zucchini and green beans, cover, and cook on low heat for an additional 8–10 minutes until the vegetables are tender-crisp and vibrant.

5. Finish and Serve: Discard the bay leaf, taste and adjust seasoning with extra salt and pepper if needed, and ladle hot into soup bowls.

Nutrition Facts (Per Serving – Approximate):

- Calories: 280 kcal
- Fats: 11 g
- Cholesterol: 70 mg
- Sodium: 490 mg
- Potassium: 680 mg
- Total Carbohydrates: 12 g
- Fiber: 4 g
- Net Carbs: 8 g
- Sugars: 5 g
- Protein: 28 g
- Calcium: 60 mg

Notes:

- Storage & Reheating: Warm leftovers in a saucepan over medium heat for 5 minutes, or microwave in a covered bowl for 2 minutes until hot throughout.
- Flavor Boosts: Add a splash of red wine vinegar or a pinch of red pepper flakes at the end of cooking for brighter flavor and a subtle kick.
- Allergy Note: This recipe is naturally dairy-free and gluten-free; ensure your beef broth and canned tomatoes carry certified gluten-free labels if needed.