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## Description

Cozy up with a bowl of rich, comforting Homemade Hamburger Soup filled with savory ground beef, vibrant vegetables, and a simmered tomato broth. This easy meal delivers the classic flavors of a juicy burger transformed into a hearty soup that satisfies the entire family. It offers a warm, wholesome dining experience that combines tender bites of meat with rich savory goodness in every single spoonful.

Looking for a satisfying dinner that keeps your healthy habits on track? This quick, one-pot recipe provides a high-protein, low-carb soup option that comes together in under an hour!

## Can This Homemade Hamburger Soup Support Weight Loss Goals?

Yes, Homemade Hamburger Soup can effectively support weight loss goals by leveraging high-protein nutrition logic. Lean ground beef provides quality protein that promotes satiety, keeping you feeling full and satisfied longer after eating. Because this recipe uses fiber-rich vegetables instead of heavy starches, it stays lower in overall calories while helping curb

mid-day snack cravings.

### Does Homemade Hamburger Soup Fit a High-Protein Lifestyle?

This recipe fits seamlessly into a high-protein, low-carb lifestyle by using lean ground beef cooked in a savory herb broth alongside low-glycemic vegetables. With approximately 26 grams of protein and around 7 grams of net carbs per serving, it satisfies macro goals effortlessly. The combination of protein-dense meat and nutrient-packed celery, bell peppers, and tomatoes makes it an ideal keto-friendly dinner staple.

### My Personal Experience

- Effortless Meal Prep Option

Cooking a large pot of this soup on Sunday gives me easy, nutrient-dense lunches to grab and reheat all week long.

- Rich and Deep Flavor Development

The flavor profile gets even better on the second day as the beef and herbs continue to infuse into the tomato broth.

- Simple Weeknight Cleanup

Making everything in a single Dutch oven saves huge amounts of dishwashing time after a long workday.

### Perfect For:

- High-Protein Dinners: Delivers a substantial amount of lean protein to fuel muscle maintenance.
- Low-Carb & Keto Diet Plans: Features low-carb vegetable swaps without compromising on classic comforting flavor.

- Meal Prep Lunches: Stores exceptionally well and tastes even better when reheated the next day.
- Cozy Winter Dinners: A warm, satisfying option for chilly evenings when you want healthy comfort food.

### Why You'll Love This Recipe:

- One-Pot Cooking Convenience

Requires minimal cookware, making prep work and kitchen cleanup fast and straightforward.

- Packed with Wholesome Veggies

Combines bell peppers, tomatoes, and herbs to give you essential vitamins alongside your daily protein intake.

- Freezer-Friendly Comfort Food

Holds up beautifully to batch cooking and freezing without losing its rich flavor or texture.

### Common Mistakes to Avoid:

1. **Skipping the Meat Browning Step:** Rushing the ground beef browning forfeits deep caramelized flavor; ensure the meat develops a deep brown crust before adding broth.
2. **Not Draining Excess Fat:** Using higher-fat beef without draining excess grease creates an oily soup layer on top.
3. **Overcooking the Vegetables:** Adding vegetables too early can turn them mushy; simmer just until fork-tender to maintain texture.

4. Boiling the Soup on High Heat: Boiling rapidly dries out lean beef; keep the pot at a gentle simmer for soft, tender meat.

#### Required Equipment:

- Large Dutch Oven or Stockpot: Retains heat evenly and provides ample space to brown beef and simmer broth.
- Wooden Spoon: Ideal for breaking up ground beef and scraping up flavorful browned bits from the pan bottom.
- Ladle: Makes scooping and serving generous, mess-free bowls of hot soup effortless.
- Chef's Knife: Allows for quick, uniform dicing of vegetables so they cook at an equal rate.

#### Storage Instructions:

Allow the soup to cool to room temperature before transferring it into airtight glass or BPA-free containers. Store it in the refrigerator for up to 4 days, where the high-protein ingredients will stay fresh and flavorful. To freeze, pour cooled soup into freezer-safe containers (leaving 1 inch of headspace for expansion) and freeze 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 servings
- Best Season for This Recipe: Winter & Fall

- Total Calories (Per Serving): ~280 kcal (Approximate estimate)

This Homemade Hamburger Soup pairs extra-lean ground beef with diced tomatoes and aromatic herbs in a simmered savory broth. It provides a hearty, macro-balanced dinner that warms you up without adding unnecessary carbohydrates. Follow these simple directions to create a pot of cozy comfort food tonight!

□ Ingredients:

- 1.5 lbs ground beef (90% lean or higher)
- 1 medium yellow onion (finely diced)
- 3 cloves garlic (minced)
- 1 large bell pepper (diced; green or red)
- 2 ribs celery (sliced)
- 1 cup green beans (fresh or frozen, chopped into 1-inch pieces)
- 1 can (14.5 oz) diced tomatoes (with juices)
- 1 can (8 oz) tomato sauce (no sugar added)
- 4 cups beef bone broth (or low-sodium beef broth)
- 1 tablespoon Italian seasoning
- 1/2 teaspoon smoked paprika
- 1 teaspoon salt (adjust to taste)
- 1/2 teaspoon black pepper

- 1 tablespoon olive oil

#### Directions:

1. **Brown the Meat:** Heat 1 tablespoon of olive oil in a large Dutch oven over medium-high heat. Add the ground beef and cook for 6–8 minutes, breaking it into small bits with a wooden spoon until browned; drain any excess fat if necessary. *High-Protein Tip: Using bone broth instead of basic broth adds extra collagen protein to every bowl.*
2. **Sauté Aromatics:** Reduce heat to medium. Add the diced onion, celery, and garlic to the pot with the beef, cooking for 3–4 minutes until onions are translucent and fragrant.
3. **Add Veggies & Seasonings:** Stir in the diced bell pepper, green beans, Italian seasoning, smoked paprika, salt, and black pepper, coating the beef and vegetables evenly.
4. **Pour Liquids:** Add the diced tomatoes (with juices), tomato sauce, and beef bone broth into the pot, stirring thoroughly to deglaze the bottom of the pan.
5. **Simmer:** Bring the soup to a gentle boil, then reduce heat to low, cover with a lid, and simmer for 15–20 minutes until all vegetables are fork-tender and the beef is juicy.
6. **Adjust & Serve:** Remove from heat, taste, and adjust salt or pepper if desired. Ladle into warm bowls and garnish with fresh parsley if preferred.

#### Nutrition Facts (Per Serving – Approximate):

- Calories: 280 kcal
- Fats: 12 g
- Cholesterol: 70 mg
- Sodium: 620 mg

- Potassium: 680 mg
- Total Carbohydrates: 10 g
- Fiber: 3 g
- Net Carbs: 7 g
- Sugars: 4 g
- Protein: 26 g
- Calcium: 60 mg

Notes:

- Storage & Reheating: Refrigerate in an airtight container for up to 4 days; reheat on the stove over medium heat for 5–7 minutes or in the microwave for 2 minutes.
- Allergy Swap: Ensure your canned tomato products and bone broth are certified gluten-free if preparing for gluten sensitivities.
- Flavor Boost: Add a dash of Worcestershire sauce or a pinch of red pepper flakes during simmering for extra depth and heat.