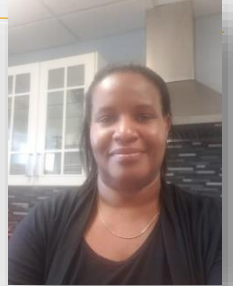




Consuela's Cooking Corner

Vegetable Beef Soup



Ingredients:

4 lbs. ground round beef
2 large cans diced tomatoes
1 large onion, diced
1 large can tomato sauce
1 can beef stock
1 bag frozen mixed vegetables
3 large potatoes, cut in cubes

Directions:

- Brown ground beef and onion together in a large pot.
- Drain any fat from beef.
- Add garlic powder, onion powder, salt and pepper, to taste.
- Add remaining ingredients to pot and cook until vegetables are tender.