

Hamburger Soup

(from Aunt Kay via Louise)

Ingredients

- 1 cup navy beans
- 6 cups water
- 28 oz can diced tomatoes
- 1 beef bouillon cube
- 1 tbl salt
- ½ tsp pepper
- Pinch of basil or 1 bay leaf
- 1 cup celery
- 2 cups chopped carrot
- 2 cups diced potato
- 1 cup chopped onion
- ¼ cup uncooked rice
- ½ lb ground beef

Instructions

- Wash and drain navy beans, then soak in 3 cups of water overnight (or bring to a boil for 2 minutes then remove from heat and let sit for one hour). Drain beans.
- Brown ground beef and drain. Set aside.
- Combine soaked beans, water, tomatoes, bullion, salt, pepper and basil (or bay leaf) in a large pan and simmer until beans are tender (1 – 1¼ hour). Add celery, carrot, potato, onion, rice and ground beef.
- Cover and simmer 30 minutes to 1 hour (until vegetables and rice are cooked).fe