

# Simple Beef and Vegetable Soup

**IOWA**

Student Wellness

## Ingredients

- 2 pounds lean ground beef or turkey
- 1/3 cup brown sugar
- 1 large bag (16 oz) frozen vegetables or 2 large cans veg-all mixed vegetables, drained
- 2-3 cups water
- 1 large can vegetable juice (like V-8)



## Directions

1. Brown meat in a skillet over medium heat; drain fat, as needed.
2. Add browned meat and all ingredients to slow cooker.
3. Cook until heated and vegetables are desired softness, on HIGH 2-3 hours for frozen vegetables (1-2 hours for canned), on LOW 4-5 hours for frozen vegetables (2+ hours for canned).