



PREPARATION: **10** MINUTES

COOKING: **20** MINUTES

4 SERVINGS

HAMBURGER ORZO SOUP

INGREDIENTS

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Protein + 1 Vegetable

Calories	123Kcal
Protein	14g
Carbohydrates	11g
Fibre	1.6 g
Total Fat	5g
Saturated Fat	2g
Cholesterol	31mg
Sodium	159mg
Potassium	402mg
Phosphorus	160mg

370 mL jar roasted red peppers
(or 1 cup of roasted red pepper purée)

½ lb ground beef, extra lean

1 tablespoon garlic, minced

½ cup onion, diced ¼"

½ cup celery, diced ¼"

900 mL no salt added beef broth

¼ cup orzo, dry

¼ teaspoon oregano, dry

¼ teaspoon basil, dry

¼ teaspoon thyme, dry

¼ teaspoon garlic powder

2 tablespoons red wine vinegar

PREPARATION

- 1** Drain the jar of roasted red peppers. Purée peppers in a food processor or blender. Reserve.
- 2** In a large saucepan over medium-high heat, add ground beef. Sauté until beef is browned and cooked through, approximately 8–10 minutes. Drain fat and return ground beef to saucepan.
- 3** To the same pan, add garlic, onion and celery. Sauté 2–3 minutes until aromatic.
- 4** Add roasted red pepper puree and beef broth. Bring to a boil.
- 5** Add orzo, oregano, basil, thyme, garlic powder and vinegar. Simmer approximately 10–15 minutes or until orzo is cooked.
- 6** Serve immediately.