Cuisine at home eRECIPES

October 29, 2009

Slow-Cooker Cheeseburger Soup

Be sure to brown the ground beef before adding it to the slow cooker. Browning helps keep the meat from clumping and adds extra flavor.

Makes: 6 servings (8 cups)

Total time: 3–4 hours (low heat)

4	Tbsp. unsalted butter
1	lb. ground beef sirloin
1	cup diced onion
3⁄4	cup diced celery
1⁄2	cup diced carrot
1	tsp. minced garlic
1	tsp. dried basil
1⁄4	cup all-purpose flour
1 1⁄2	cups milk
3	cups low-sodium chicken broth
2	cups peeled and diced russet potatoes
2	cups shredded sharp Cheddar cheese
	Kosher salt and black pepper to taste
	Ketchup
	Prepared yellow mustard
	Chopped dill pickles

Nutrition Information
Per serving: 440 cal; 24g total fat (14g sat); 107mg chol; 403mg sodium; 26g total carbs; 2g fiber; 31g protein

editor's note

If you're looking to cut some calories and fat, try substituting ground turkey breast in place of the ground sirloin. With all of the flavors in this soup, you'll hardly miss the beef.

Melt butter in a sauté pan over medium heat. Add sirloin; cook until meat begins to brown. Stir in onion, celery, carrot, garlic, and basil; cook 5 minutes.

Add flour, stirring to coat meat; cook 1 minute. Stir in milk until mixture is smooth. Bring mixture to a boil; cook 2 minutes. Transfer soup to a 3- to 4-qt. slow cooker.

Stir in broth and potatoes. Cover soup; cook until potatoes are tender, on low-heat setting for 3–4 hours.

Add Cheddar just before serving, stirring until cheese melts. Season soup with salt and pepper; garnish each serving with ketchup, mustard, and pickles.

Steps to Success

1. Brown the ground beef in butter, breaking up meat with a wooden spoon, then add vegetables.

2. Stir in the flour; cook 1 minute to remove the raw taste and to coat the meat and vegetables.

3. Add cheese at the end of cooking time so it doesn't curdle. Mild Cheddar and American work, too.