

# Veggie Beef Soup

Submitted By: Christina Moss    Time: 4 to 8 hours

---

## Instructions

1. Brown the hamburger meat
2. Put everything in the crockpot
3. Add a little salt/pepper. (optional)
4. Turn crock pot on high for 4-5 hours or low for 6-8 hours.

## Ingredients

2 big cans of mixed veggies,  
additional cans of your favorite  
veggies (optional)  
one large cans of tomato juice  
1 pound of lean hamburger meat

## Notes:

If it is too watery, add some more sweet potato. If it is too thick for your liking then add 1 more egg