

Hands Down, The Best Healthy Hamburger Slow Cooker Soup Recipe On The Internet

Ingredients

2 pounds lean ground beef
1 large package frozen mixed vegetables
3 sweet potatoes, cut into chunks
1 rutabaga, cut into chunks
2 tbsp dried chopped onion
1 large can of Heinz tomato juice
1 cup of College Inn low-sodium beef broth

Instructions

Break up your ground beef and place on the bottom of the Crock Pot.

Add all your vegetables.

Add the can of tomato juice.

Add the cup of beef broth.

Set on high for 5-7 hours.

Source : allrecipes.com