

Shepherd's Pie Soup

December 2, 1996

4 to 6 Servings

1-pound ground beef

5 cups water

2 cans (10 1/2 ounces each) condensed beef broth

1 package (16 ounces) frozen diced potatoes

1 package (16 ounces) frozen mixed vegetables

1 teaspoon onion powder

1 1/2 teaspoons salt

1/2 teaspoon black pepper

2 cups instant potato flakes

* (if the mixed vegetables have a packet of seasoning, use that also.)

In a soup pot, cook the ground beef over medium-high heat for 8 to 10 minutes, until browned and no pink remains. Add the remaining ingredients except the potato flakes and bring to a boil. Reduce the heat to medium-low and cook for 15 minutes. Stir in the potato flakes and cook for 5 to 7 minutes, or until thickened. Serve immediately.

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On campouts we call this "Ugly Soup". While it's cooking, the pepper, seasoning, and grease tend to float to the top and the concoction is not very pretty. And speaking of grease, you can drain off as much as you want but I suggest leaving some of it. It add flavor, kind of like gravy on mashed potatoes. Anyway, when you add the potato flakes they thicken up everything. The seasoning and the grease mix well.

Sometimes I use less water (3 or 4 cups) and an extra can of beef broth or I throw in a beef bullion cube. You can add a dash of salt also.