



Category (Soups)

## **Arlea's Cheeseburger Soup**

Adapted from Taste of Home [Link](#)

### **Ingredients**

2.25 lbs. 93% lean hamburger	3 lbs. potatoes peeled and diced
1 onion diced	32 oz chicken broth
1 lbs. bag carrots shredded	4 c Velveeta diced
1 pkg celery diced	Salt (to taste if desired)
1 T dried basil	Pepper (to taste if desired)
1 T dried parsley flakes	2 c sour cream

### **Directions**

In a large stock pot over medium heat, brown hamburger and onions. Add potatoes, carrots, celery, basil, parsley, chicken broth and bring to a boil, about 20 minutes. Reduce heat, simmer, covered, until potatoes are tender, about 20 minutes. The potatoes should make the broth have a gravy consistency. If you like your soup to have a thicker consistency then melt about 2 tablespoons of butter in a skillet, add  $\frac{1}{4}$  c all-purpose flour, and cook and stir until bubbly, about 3-5 minutes. Add to soup, bring to a boil, about 10 minutes. Stir in diced cheese, salt, and pepper until the cheese melts. You can always add more cheese if you want it cheesier. Remove from heat, blend in sour cream. You can also top the cheeseburger soup with crumbled bacon if you like bacon cheeseburgers too.

The suggestions to reduce calories and fat are to replace the Velveeta with low melting-point cheeses, such as Swiss and cheddar. If you like it a little spicy, you can use pepper jack cheese. If you are cutting fats, then use ground sirloin, round, or turkey instead of hamburger. This soup can be frozen. I use a high-quality pint jar with a plastic screw on lid. I like that because you can unscrew the lid, place it loose on top of the jar and microwave it for about 2 minutes. Let it cool about a minute in the microwave before eating. This fed a family of 7 and there were 6 pints left over.