

# Friendship Soup

## Ingredients

1.5 pounds of lean ground beef

1 large onion, chopped

½ cup well-soaked split peas

2.5 quarts beef stock/broth 8-10  
cups (Not low sodium)

¼ cup pearl barley

½ cup dry lentils

2 teaspoons Italian seasoning

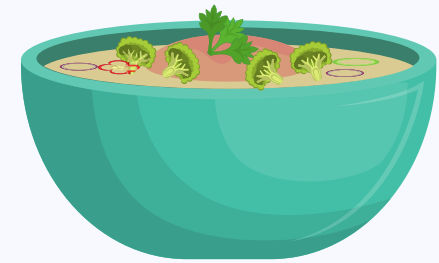
2/3 cup uncooked long-grain rice

1 can (28 oz.) crushed tomatoes

Salt and Pepper to taste

Add any veggies you want! Frozen or  
fresh

Tip: This soup  
freezes great!



## Directions

- In large stock pot, season and brown ground beef, then add chopped onion and cook until clear
- Drain off fat
- Add remaining ingredients, bring to a boil
- Stir well and reduce heat
- Cover and simmer, stirring every 15 min to prevent sticking to the bottom
- Simmer for 3 hours or until ingredients are tender