

FIREFIGHTER



Gourmet Foods

HAMBURGER SOUP

Perhaps not a pretty name but it is truly a soul food, comfort food concoction. When I made this soup at my restaurant several regulars claimed that it was a great cure for hangovers. Go figure. Call it chilli soup if you want. But make lots of it. It freezes well. You can also use ground pork, lamb or turkey instead of the beef.

- 1 pound of medium ground beef previously cooked and drained.
- 2 tins of diced tomatoes. If fresh tomatoes are in season coarsely chop 1 ½ pounds of roma tomatoes and add them towards the middle of the simmer.
- 1/2 cup of red wine
- 1/2 cup of frozen peas
- 1/2 cup of corn
- 1 cup of red onion – chopped coarsely
- 3 coloured peppers – chopped coarsely
- 8 cups of water
- 2 garlic cloves – chopped coarsely
- 2 tbsp. basil
- 1 tbsp. oregano
- 1 tsp. black pepper
- 1 tbsp. butter
- 1/2 tsp. dried ginger
- 1 tbsp. vinegar
- 1/2 tsp. red pepper flakes.

Combine all of the ingredients. Bring to a boil. Boil for 15 minutes. Simmer for one hour. Serve. Toasted herb bread or biscuits make that comfort food thing more comfortable. A few cups of mashed potatoes in this soup convert it into a “Shepherds Pie Soup”. Yummy