

PREPARATION: 10 MINUTES | COOKING: 20 MINUTES | SERVINGS: 4



HAMBURGER ORZO SOUP

INGREDIENTS

One 12oz jar <i>roasted red peppers</i>	$\frac{1}{4}$ cup <i>orzo pasta, dry</i>
1 quart <i>unsalted beef broth</i>	$\frac{1}{4}$ teaspoon <i>oregano, dry</i>
$\frac{1}{2}$ lb <i>extra lean ground beef (93%)</i>	$\frac{1}{4}$ teaspoon <i>basil, dry</i>
1 tablespoon <i>garlic, minced</i>	$\frac{1}{4}$ teaspoon <i>thyme, dry</i>
$\frac{1}{2}$ cup <i>onion, diced</i>	$\frac{1}{4}$ teaspoon <i>garlic powder</i>
$\frac{1}{2}$ cup <i>celery, diced</i>	2 tablespoons (<i>or less, to taste</i>) <i>red wine vinegar</i>

PREPARATION

- 1 Drain the jar of roasted red peppers. Puree the peppers in a food processor or blender with the beef broth. Set aside.
- 2 In a large saucepan over medium-high heat, sauté ground beef until browned and cooked through, approximately 8-10 minutes. Drain fat and return ground beef to saucepan.
- 3 To the same pan, add garlic, onion and celery. Sauté 2-3 minutes until aromatic.
- 4 Add roasted red pepper puree from step 1. Bring to a boil.
- 5 Add orzo, oregano, basil, thyme, garlic powder and vinegar. Simmer approximately 10-15 minutes or until orzo is cooked.
- 6 Serve immediately.

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Nutrient Analysis

PER SERVING
1/4 of recipe

Renal/Diabetic Exchanges:
2 Meat + 1 Starch + 1 Lower-Potassium Vegetable

Calories	177Kcal
Protein	19g
Total Carbohydrate	14g
Fiber	1g
Sugars	1g
Fat	4g
Saturated	2g
Cholesterol	36mg
Sodium	257mg
Potassium	408mg
Phosphorus	149mg
Calcium	39mg
Iron	2mg
Magnesium	26mg
Vitamin C	19mg

Diet Types

- CKD Non-Dialysis Dialysis/Diabetes
- Dialysis Transplant

POTASSIUM CHECK ✓

What's the skinny on ground meat?

Any meat that has been finely chopped by a meat grinder is called ground meat. Ground beef is probably the most common type of ground meat sold in your grocery store, but if you look carefully, you'll likely find ground pork, turkey, chicken and possibly lamb as well.

All ground meats are an excellent source of protein and can be added to a wide variety of dishes to boost their protein content when needed. Ground meats can be added to soups and casseroles as well as rice or pasta dishes. By adding other ingredients such as herbs and chopped vegetables to ground meats, you can create tasty meatballs, meat patties, a meat loaf or a meat pie.

When shopping, buy ground meat with the lowest fat content that is affordable. For example, ground beef that is 93% lean, 7% fat contains less fat and calories than ground beef that is 80% lean, 20% fat. The lower-fat option is considered the healthier option.

It is important to note that there are special food safety concerns with ground meat. If undercooked, it can lead to food borne illness so be sure to cook it well before eating.

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