

A Sutherland Belle

The Big Mac Soup

INGREDIENTS

- 2 pounds of ground beef
- 2 Tablespoons butter
- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 Tablespoons all-purpose flour may substitute corn starch for a gluten-free option
- 1 teaspoon each of salt and pepper
- 3 cups of reduced-sodium beef broth
- 1 cup pickle spears, chopped
- 1 (14.5 oz.) can of diced tomatoes, do not drain
- 1/2 head of lettuce, shredded
- 1- 6 oz. can tomato paste
- 1/3 cup ketchup
- 2-3 Tablespoon Worcestershire sauce
- 3 Tablespoons mustard
- 1 cup whole milk (you can replace this with 1 more cup of beef broth)
- 14 oz American Cheese, shredded (I had the deli cut large blocks to shred)

INSTRUCTIONS

1. Add ground beef to a large Dutch oven. Cook over medium-high heat for 7-9 minutes or until cooked. Remove from pan and drain fat.
2. Add butter to the pan. Once melted add onion and garlic to the pan. Cook for 4 minutes or until the onion is softened. Add ground beef back to the pan with flour, and mix until well-coated.
3. Add all ingredients, except for the cheese and milk (if using). Simmer on medium-low heat for 10 minutes to make sure all the flavors combine, stirring often.
4. Stir in cheese and milk and heat through. Serve immediately with desired condiments. Enjoy!