**Hamburger Soup & Breadsticks**

Hamburger soup is a hearty soup that you can serve as a meal. As with all soups you can change the ingredients to reflect what you like or have on hand – such as cleaning out your freezer or fridge.

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| **Soup** | **Breadsticks** |
| Cooking Principle: Hearty Soup | Cooking Principle: Quick Rise Yeast Bread |
| Time: 15 min | Time: 10-15 min |
| Temp: Medium-low | Temp: 375OF |

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| **Soup Ingredients:**  5 mL olive oil  ¼ medium onion, small dice  ½ large carrot, peel & small dice  ½ stalk celery, small dice  1 clove garlic, minced  150 g ground beef  150 mL diced tomatoes with juice  50 mL tomato sauce  5 mL Italian seasoning  250 mL water  10 ml beef bouillon  ¼ russet potato, small dice  50 mL frozen corn | **Breadsticks Ingredients:**  125 mL warm water  25 mL brown sugar  6 mL yeast  200g (375 mL) flour  30 mL oil  2 mL salt  **Topping:**  10 mL oil  5 mL parmesan  2 mL oregano |

**Breadsticks Method:**

1. Grease a baking sheet and preheat oven to 375°F.
2. In a large bowl, combine flour, sugar, salt and yeast.
3. Add water and oil. Mix with your hands to form a stiff dough.
4. Turn out onto a lightly floured counter and knead for 5-8 minutes, until soft and elastic.
5. Let dough rest for 3 minutes.
6. In a small bowl, combine parmesan cheese and oregano.
7. Roll dough out into a rectangle about the size of your recipe.
8. Brush oil over the rectangle then sprinkle with the parmesan & oregano mixture.
9. Using the pizza cutter, cut into 8 strips approximately 2 fingers wide.
10. Place on greased baking sheet, cover with a clean tea towel and let rise for 10-15 minutes.
11. Bake for 10-15 minutes, or until golden brown.

**Soup Method:**

1. In a large pot over medium heat, heat the olive oil. Add the onion, carrots, and celery.
2. Sauté until softened and onions and celery are translucent.
3. Add the ground beef and season with salt and pepper.
4. Break up the meat and cook until browned and mostly cooked through. Add the garlic and seasonings; cook for another minute.
5. Add diced tomatoes and juice, tomato sauce, beef broth (water mixed with the bouillon), and potato to the pot. Bring to a simmer.
6. Cook for 25-30 minutes or until potatoes are fork tender. Taste for seasoning, add more if necessary.
7. Stir in frozen corn. Cook for 5 minutes and serve immediately.

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| **Standards:**  Soup:  Beef no longer pink, vegetable cut into consistent sizes, flavours well blended, potatoes and carrots fork tender  Breadstick:  Well risen, consistent length and width; covered with seasonings; golden brown | **Equipment on Tray:** |