

Hamburger Soup (Western version)

Serves 4



Ingredients

- Olive oil – 1 Tbsp (15 ml)
- Ground beef (10 % fat) – 450 g
- Onion – 1 small (120 g), diced
- Celery – 2 stalks (100 g), diced
- Garlic – 3 cloves (15 g), minced
- Tomato paste – 2 Tbsp (30 g)
- Diced tomatoes (canned) – 400 g
- Low-sodium beef stock – 720 ml
- Italian seasoning – 1 tsp (1.5 g)
- Salt + MSG blend – 1.6 g salt + 0.4 g MSG ($\approx \frac{1}{4}$ tsp total)
- Black pepper – $\frac{1}{4}$ tsp (0.5 g)
- Potatoes – 225 g, peeled and cubed (1.5 cm)
- Mixed vegetables (fresh or frozen: peas, carrots, corn, green beans) – 225 g
- Worcestershire sauce (optional) – 1 tsp (5 ml)
- Chopped parsley (optional) – for garnish



Instructions

1. **Brown the beef:** Heat oil in a medium pot over medium-high heat. Add beef, onion, celery; cook 5–7 min until browned.
2. **Add aromatics:** Add garlic and cook 1 min. Stir in tomato paste and coat everything.
3. **Build the base:** Add diced tomatoes, stock, Italian seasoning, salt + MSG, and pepper. Scrape any browned bits from bottom.
4. **Add potatoes:** Bring to boil, reduce heat to medium, simmer 10 min uncovered.
5. **Add vegetables:** Add mixed veggies (frozen OK), partially cover, simmer 7–10 min until tender.
6. **Finish:** Add Worcestershire (if using) and adjust seasoning. Serve hot with parsley.



Notes

- Use frozen mixed veggies directly — no need to thaw.
- Replace $\frac{1}{4}$ of broth with tomato juice for richer flavor.
- Mix half pork + half beef for a softer texture.
- Keeps 3 days refrigerated / 2 months frozen.



Nutrition

Per Serving: Kcal 305 | Protein 22 g | Fat 16 g | Sat Fat 5 g | Carbs 18 g | Sugars 5 g | Fiber 3 g | Sodium 720 mg (incl. MSG)

Total Dish: Kcal 1220 | Protein 88 g | Fat 64 g | Sat Fat 20 g | Carbs 72 g | Sugars 20 g | Fiber 12 g | Sodium 2880 mg (incl. MSG)

Japanese-Style Hamburger Soup (和風ハンバーガースープ)

Serves 4



Ingredients

- Olive oil – 1 Tbsp (15 ml)
- Ground beef – 225 g
- Soft tofu (絹ごし) – 150 g, crumbled
- Onion – 1 small (120 g), diced
- Carrot – 80 g, thinly sliced
- Kabocha pumpkin – 100 g, peeled and cubed
- Shiitake mushrooms – 50 g, sliced
- Green beans or komatsuna stems – 30 g, chopped
- Garlic – 2 cloves (10 g), minced
- Ginger – 1 tsp (5 g), grated
- Tomato paste – 1½ Tbsp (25 g)
- Diced tomatoes (canned) – 400 g
- Water – 700 ml + Hondashi 1 tsp (≈ 3 g)
- Kevala coconut aminos or low-sodium soy sauce – 1 tsp (5 ml)
- Salt + MSG blend – 1.2 g salt + 0.3 g MSG (≈ ⅛ tsp)
- Sesame oil – ½ tsp (2 ml) for finishing



Instructions

1. **Brown the beef:** Heat olive oil in a medium pot over medium-high heat. Add beef and onion; cook 5 min until browned.
2. **Add aromatics:** Add garlic and ginger; cook 1 min until fragrant.
3. **Add tomato base:** Stir in tomato paste and diced tomatoes; add water with Hondashi, soy sauce, salt + MSG. Bring to a boil.
4. **Add root vegetables:** Add kabocha and carrot; simmer 10 min over medium heat.
5. **Add remaining vegetables and tofu:** Add tofu, shiitake, and green beans; simmer 7 min until tender.
6. **Finish:** Drizzle sesame oil before serving.



Notes

- Kabocha adds sweetness that balances the tomato and soy flavors.
- Tofu lightens the texture and increases protein balance.
- Pairs beautifully with rice or udon.
- Total cook time ≈ 20 min.



Nutrition

Per Serving: Kcal 240 | Protein 19 g | Fat 11 g | Sat Fat 2.8 g | Carbs 15 g | Sugars 4 g | Fiber 4 g | Sodium 690 mg (incl. MSG)

Total Dish: Kcal 960 | Protein 76 g | Fat 44 g | Sat Fat 11 g | Carbs 60 g | Sugars 16 g | Fiber 16 g | Sodium 2760 mg (incl. MSG)

Notes (Additional)

• Udon Option (市販のゆでうどん)

- Add 200 g cooked udon noodles per serving (standard supermarket pack, pre-boiled).
- Stir directly into soup at the end and warm 1 minute.

Added Nutrition (per serving):

Kcal + 240 | Protein + 7 g | Fat + 1 g | Sat Fat + 0 g | Carbs + 49 g | Sugars + 1 g | Fiber + 1 g | Sodium + 190 mg

New Total (with udon):

Kcal 480 | Protein 26 g | Fat 12 g | Sat Fat 2.8 g | Carbs 64 g | Sugars 5 g | Fiber 5 g | Sodium 880 mg (incl. MSG)

• Rice Option (ご飯)

- Serve with 150 g cooked Japanese medium-grain rice (about 1 rice bowl).

Added Nutrition (per serving):

Kcal + 240 | Protein + 4 g | Fat + 0 g | Sat Fat + 0 g | Carbs + 53 g | Sugars + 0 g | Fiber + 1 g | Sodium + 2 mg

New Total (with rice):

Kcal 480 | Protein 23 g | Fat 11 g | Sat Fat 2.8 g | Carbs 68 g | Sugars 4 g | Fiber 5 g | Sodium 692 mg (incl. MSG)