

## Eggplant Supper Soup

Savannah · 28/09/2024

**Prep Time**

45 mins

**Difficult**

Medium

**Servings**

8

**Description**

Hearty eggplant soup made with ground beef and vegetables

**Ingredients**

- - 1 tablespoon vegetable oil - 1 medium onion
- chopped - 1 pound ground beef - 1 clove garlic
- crushed - 1 pound eggplant
- diced -  $\frac{3}{4}$  cup sliced carrots -  $\frac{3}{4}$  cup sliced celery - 2 (14.5 ounce) cans Italian diced tomatoes
- drained - 2 (14 ounce) cans beef broth - 1 teaspoon sugar -  $\frac{1}{2}$  teaspoon ground nutmeg - 1 teaspoon salt -  $\frac{1}{2}$  teaspoon ground black pepper -  $\frac{1}{2}$  cup dry macaroni - 2 teaspoons chopped fresh parsley -  $\frac{1}{2}$  cup grated Parmesan cheese

**Instructions**

1. Heat the oil in a skillet over medium heat
2. and cook the onion
3. beef
4. and garlic until beef is evenly brown. Drain grease
5. and mix in eggplant
6. carrots
7. celery
8. and tomatoes. Pour in beef broth. Mix in sugar
9. and season with nutmeg
10. salt
11. and pepper. Cook and stir until heated through. Mix macaroni into the soup
12. and continue cooking 12 minutes
13. or until macaroni is al dente. Mix in parsley. Top with Parmesan cheese to serve.