

# **Hearty Soups: Over 100 Nourishing Meal-in-a-Pot Ideas**

## **By Debra Mayhew**

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Originally published as Hearty Potato Soup in Taste of Home February/March 1993, p33  
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<http://www.tasteofhome.com/recipes/hearty-potato-soup>

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Debra Mayhew, the consultant editor of this book, has brought together a wonderful  
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<http://www.amazon.ca/Hearty-Soups-Nourishing-Meal-Pot/dp/184215432X>

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Oct 07, 2009 This thick and hearty hamburger soup is loaded with vegetables and barley. Heat a large soup pot over medium-high heat, Nutrition. Calories; 223

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