

RECIPE

Beef Noodle Soup

PREP: 5 minutes

COOK: 35 minutes

TOTAL: 40 minutes

SERVES: 8

INGREDIENTS

- 1 lb ground beef or turkey
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 pkg beef pasta mix (Hamburger Helper)
- 5 cups water
- 1.5 tsp dried herbs (optional)
- 1 can cooked spinach or other greens

METHOD

1. Cook beef and onion together in large Dutch oven or pot, stirring occasionally until beef is well browned. Drain.

2. Stir in carrot, sauce mix (from beef pasta mix), water, pepper, and herbs (if using), and bring to a boil, stirring occasionally. Reduce heat to a simmer, cover, and simmer 10 minutes, stirring occasionally.

3. Stir in pasta (from beef pasta mix) and spinach. Heat to boiling then reduce heat to a simmer. Cover and simmer 10 minutes.

NOTES

- Adjust seasoning as needed. Depending on your tastes, add a little salt, hot sauce, or soy sauce!
- Experiment with different types of Hamburger Helper for different flavors! Replace some of the water with a can of diced tomatoes or tomato sauce for Italian; add a can of kidney beans or corn for Mexican/Southwest.