



Beef Noodle Soup Recipe

Ingredients:

- 1 Pound lean ground beef
- 2 Cups beef broth
- 1 Cup water
- 1 Cup sliced carrots
- 1 Cup sliced celery
- 2 Cups broccoli florets
- ½ Cup snow peas
- 1 Cup bean sprouts
- ½ Clove garlic, crushed
- 2 Cups angel hair pasta (if desired)

To prepare:

Brown the beef in a skillet over medium heat.

In a pot, boil the chicken broth and water ...

Once boiling, add carrots, celery and snow peas, and cook for 2-3 minutes.

Then add broccoli, bean sprouts and ground beef; cook for another 1-2 minutes. Stir garlic and pasta and simmer over low heat for 8 minutes.

Serve immediately.

Per serving (makes 4)

Calories: 431

Carbs: 28.25g

Fat: 18g

Protein: 37.5