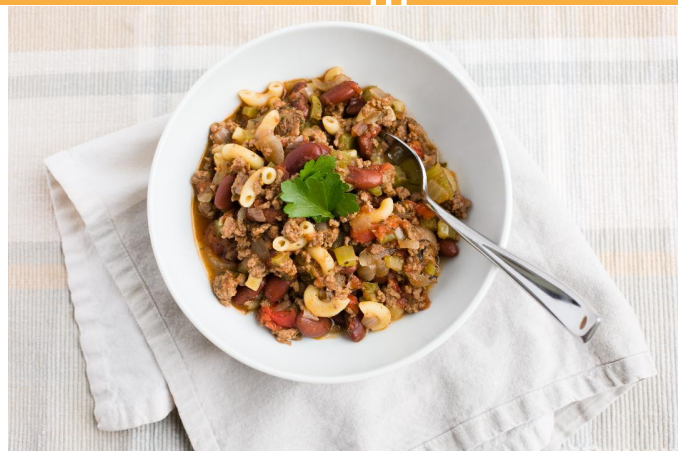


1 Pot Moms Pasta Fazouelle

Servings: 4 Servings

INGREDIENTS

1 POUND GROUND BEEF
(OPTIONAL)
1 CUP ONION, DICED
1 CUP CELERY, SLICED
2 CLOVES GARLIC, MINCED
1 CAN TOMATOES
1 CAN KIDNEY BEANS
2 CUPS BEEF STOCK
1 TBSP PARSLEY
1 TSP SALT
½ TSP DRIED OREGANO ½
TSP SWEET BASIL
¼ TSP PEPPER
½ CUP SMALL MACARONI



DIRECTIONS

STEP 1: Brown beef. Add all ingredients except macaroni, bring to a boil. Lower heat, cover and simmer 20 minutes.

STEP 2: Add macaroni and bring to a boil once more. Simmer until macaroni and vegetables are done (about 10-12 minutes).

I've also prepared this soup in a Slow Cooker, by adding the macaroni the last 30 minutes.



Use gluten-free macaroni noodles.



Skip the ground beef and double the quantity of beans.

Nutrition per Serving: Calories 290, Fat 14g, Carbs 13g, Fiber 3g, Sugars 3g, Protein 28g

moms into fitness
& nutrition

