

Zippy Beef Alphabet Soup

Warm up a cold day with this homemade version of alphabet soup filled with Ground Beef, beans and vegetables.

INGREDIENTS

1 pound Ground Beef (95% lean)
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups water
1 can (14 to 14-1/2 ounces) beef broth
1 can (15-1/2 ounces) Great Northern beans, undrained
1 can (14-1/2 ounces) Italian-style diced tomatoes, undrained
1 cup uncooked alphabet pasta
2 cups small broccoli florets
Salt and pepper
Grated or shredded Parmesan cheese (optional)
3 slices whole wheat bread
Olive oil for brushing
2 tablespoons grated or shredded Parmesan cheese



30 Min



4
Servings



42 Cal



43g
Protein

COOKING

1. Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
2. Add water, broth, beans, tomatoes and pasta; bring to a boil. Reduce heat; cover and simmer 5 minutes. Stir in broccoli; return to a boil. Reduce heat; cover and simmer 3 to 5 minutes or until broccoli is crisp-tender and pasta is tender. Season with salt and pepper, as desired.
3. Meanwhile, prepare Parmesan Toasts. Cut out shapes from bread slices with cookie cutters. Place on baking sheet sprayed with nonstick cooking spray. Brush cutouts lightly with oil and sprinkle evenly with cheese. Bake in 350°F oven 6 to 8 minutes or until lightly toasted.
4. Serve soup with toasts; sprinkle with additional cheese, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		11g	78mg		63g	43g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com