



FCC Canyon Recipe Corner

Bow Tie Beef Soup

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Bow Tie Beef Soup

2 cups sliced zucchini
1 can (14-1/2 oz) beef broth
1 can (14-1/2 oz) vegetable broth
1 cup uncooked bow tie pasta
1/2 tsp dried oregano
1/4 – 1/2 tsp dried thyme
1/4 – 1/2 tsp crushed red pepper flakes
1-1/2 lbs ground beef
1 cup chopped onion
2 tsp minced garlic
1 can diced tomatoes
1 tbl dried basil

In a Dutch oven, combine the first seven ingredients. Bring to a boil. With a spoon, press pasta into broth mixture. Reduce heat; cover and simmer for 15 minutes or until pasta is tender, stirring once.

Meanwhile, in a large skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain.

Add beef mixture, tomatoes and basil to broth mixture; heat through. Yield: 8 servings.