

Beef Stew & Noodles

Makes 6 cups | 6 servings | **Grains** • **Protein** • **Vegetables**

Ingredients

- 1 cup canned beef stew
- 2 cups fresh, frozen, or canned vegetables (optional)
- 1 cup cooked whole wheat pasta or egg noodles

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. In a saucepan on medium high, heat one cup of beef stew. Add in vegetables, if desired, and cook until bubbling or vegetables are tender.
3. Pour over cooked, warmed pasta and enjoy.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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