

Good

Donna
1990

Beef Vegetable Soup

1 lb. ground beef
1/2 cup chopped onion
1 pk. Hamburger Helper
Beef Noodle Mix
5 cups water

1 bay leaf
1/4 ~~teaspoon~~ salt
19 oz tin of tomatoes
300g. frozen mixed
veg. (or) 2 cups cooked
veg. (can use any left
overs).

Cook & stir ground beef & onions until
beef is brown. Drain. Stir in Hamburger
Helper mix, water, bay leaf, salt, pepper &
tomatoes. Heat to boiling point stirring
constantly. Reduce heat & simmer covered
10 minutes. Stir in noodles & vegetable
1 tin tomato soup.

return to boil cover & Cook 10
mins longer or till done.

② If you want to make a
bit different - instead of Hamburger Helper
mix get Rice Oriental Helper mix
& for spices use - 2 tablespoon
Soy sauce, 1 teaspoon gr. ginger.
instead of chopped onions - use $\frac{3}{4}$ cup
diagonally sliced green onions & $\frac{1}{2}$ cup
radish slice.

Proceed as other.

(4 cups dried
noodles)

8 servings