
Soup D`Pasta

Arlene Sepulveda - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 6

1 pound ground beef

1 envelope beef-flavored mushroom or onion-mushroom dry soup mix

1 1/2 teaspoons oregano

2 cans (16 ounce ea) crushed tomatoes, undrained

2 cups water

3 cups uncooked medium shell macaroni

1/3 cup grated Parmesan cheese

mozzarella cheese

In a large skillet, brown the ground beef. Drain.

Add the soup mix, oregano, tomatoes and water. Bring to a boil.

Stir in the macaroni and simmer, covered, stirring occasionally, for 20 minutes or until the macaroni shells are tender.

Stir in the Parmesan cheese and top with the mozzarella cheese.

Soups, Chili, Stew

Per Serving (excluding unknown items): 262 Calories; 22g Fat (74.4% calories from fat); 15g Protein; 2g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 163mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat.