

Vegetable Noodle Soup

Jean Tiedeman - Rancho Murieta, CA

Treasure Classics - National LP Gas Association - 1985

Yield: 8 cups

*1 package (10 ounce)
frozen peas and carrots,
thawed
2 cups cubed cooked beef
(or one pound cooked
ground beef)
1 can (8 ounce) tomatoes,
cut up
1/2 teaspoon rosemary
leaves, crushed
1/4 teaspoon onion salt
2 cans (10-1/4 ounce ea)
beef noodle soup,
condensed
1 1/2 soup cans wtare*

Preparation Time: 5 minutes**Bake Time: 1 hour**

Combine the peas and carrots, cooked beef, tomatoes, rosemary, onion salt, beef noodle soup and water in a three-quart casserole with a glass top.

Bake in the oven at 350 degrees for one hour (or microwave, using HIGH setting for 12 to 14 minutes or until hot, stirring occasionally.)

Let stand covered for two minutes.

Serve hot.

Per Serving (excluding unknown items): 400 Calories; 13g Fat (28.9% calories from fat); 23g Protein; 50g Carbohydrate; 4g Dietary Fiber; 20mg Cholesterol; 4276mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.