

Easy Beef and Noodles

Serves: 8



Ingredients:

- 1 can (28 ounces) canned beef, shredded
- 3 cups beef broth
- 16 oz bag egg noodles
- 1/2 teaspoon garlic powder
- 2 Tablespoons flour

Directions:

1. Wash hands with soap and water.
2. In a large saucepan over medium heat, bring beef with juices and beef broth to a boil.
3. Add 2 Tablespoons of flour to bag of noodles and shake through.
4. Add noodles (with flour) to beef and broth.
5. Reduce heat, stir and simmer until noodles are tender and internal temperature reaches 165 degrees F on food thermometer.
6. Serve. Optional: can serve over mashed potatoes, but nutrition information below is for beef and noodles only.

Nutrition Facts: Each one cup serving of beef and noodles provides 480 Calories, 20g Total Fat, 10g Saturated Fat, 550mg Sodium, 42g Total Carbohydrate, 2g Dietary Fiber, 29g Protein