

## **Beef Noodle Soup**

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Nutrition

Prep/Cook time: 20-30 minutes

Makes: 4-6 servings

### Recipe:

160gm servings Kaslo Sourdough

Light Spelt Pasta

1 large onion, diced

2 celery stalks, diced

2 medium carrots, diced

1 lb. grass fed beef sirloin, cubed

2 tbsp. Worcestershire sauce

3 cups beef broth or homemade bone broth + 1/2 beef bouillon cube

2 cups water

1 tbsp. oregano

1 tbsp. herbs de province

Salt and pepper to taste



### Method:

1. Diced vegetables and sauté in a large pot with 1 tablespoon oil or butter until translucent (5-6 minutes).
2. In a pan, add cubed beef with Worcestershire sauce and cook until little pink is visible, do not overcook.
3. Combine water and broth to pot with sautéed vegetables. Add beef with leftover sauce from the pan and herbs, heat to a boil.
4. Once soup is boiling add Kaslo Sourdough Pasta, and boil for 4 minutes, no longer.
5. Once finished cooking, remove from heat, taste, and add salt and pepper accordingly.

Serve and Enjoy!