

# Hearty Hamburger Meal

Adapted from EatingWell's "Hamburger Buddy"

## Ingredients:

- 1 clove garlic, peeled and minced (or 1 tsp garlic powder)
- 2 medium carrots, grated
- 1 large onion, finely chopped
- 1 pound ground beef
- 2 tsp dried thyme
- $\frac{3}{4}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 2 cups water
- 1 can beef broth
- 8 ounces elbow noodles (or other noodle variety)
- 2 Tb Worcestershire sauce (or soy sauce or steak sauce)
- 2 Tb all-purpose flour (or other thickener)
- Optional:  $\frac{1}{2}$  cup sour cream or yogurt; 2 Tb tomato paste

## Method:

- Cook ground beef in a large saucepan over medium-high heat, breaking it up with a wooden spoon, until no longer pink, 3-5 minutes. Stir in onion and carrots, thyme, salt and pepper. Stir often until vegetables start to soften.
- Whisk flour with  $\frac{1}{4}$  cup beef broth and set aside until last step.
- Add remaining beef broth and water, noodles, and Worcestershire sauce to saucepan. Bring to boil. Cover, reduce heat to medium, and cook until noodles are tender (8-10 min) stirring occasionally.
- Stir whisked flour into hamburger mixture. Simmer, stirring often, until sauce is thickened (about 2 minutes). Add optional toppings as desired.

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