



Somali Beef and Veggie Pasta

Servings 5 | Prep time 5 mins. | Total time 35 mins

Equipment: Large pot, Small bowl
Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

1 pound lean (85% or leaner) ground beef
1 small onion, chopped
4 large cloves garlic, minced OR 4 teaspoons garlic powder
2 1/2 teaspoons ground cumin
2 1/2 teaspoons ground coriander seed
1/4 teaspoon salt
1/4 teaspoon cayenne pepper (or season to taste)
2 small red potatoes, chopped into small pieces
1 carrot, chopped
1 tomato, chopped
2 cups chicken stock low-sodium
1 15 ounce can tomato sauce
8 ounces whole grain spaghetti, cooked and drained

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. In a large pot, add ground beef, and cook for 3-5 minutes on medium high until browned. Remove ground beef and set aside in small bowl. Drain off most of the fat.
3. Add onions to large pot and cook until tender, about 5 minutes.
4. Add garlic, cumin, coriander, salt, and cayenne. Cook for 1 minute. Add ground beef back into pot.
5. Add potatoes, carrot, tomato, stock, and tomato sauce. Bring to a boil. Reduce heat and simmer until vegetables are tender, about 20 minutes.
6. Serve hot over warm pasta. Garnish with cilantro (if using).

Nutritional Information:

Calories 460
Total Fat 12g
Sodium 520mg
Total Carbs 60g
Protein 30g