



# 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