

Hearty Fall Weeknight Dinner: Your New Seasonal Favorite

Most Searched Fall Weeknight Dinner



TIME

8-10 min

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INGREDIENTS

- 1 tablespoon olive oil
- 1 pound ground turkey or ground beef
- 1 large yellow onion, chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (15-ounce) can corn, drained (or 1 cup frozen corn)
- 1 (15-ounce) can black beans, rinsed and drained
- 4 cups chicken or vegetable broth
- 1 teaspoon dried thyme
- 1 teaspoon smoked paprika
- 1/2 teaspoon dried rosemary (crushed if whole leaves)
- Salt and freshly ground black pepper to taste
- 1 cup medium egg noodles or ditalini, uncooked
- Optional garnish: Fresh parsley or grated Parmesan cheese

DIRECTIONS

- 1. Brown the : Meat:** In a large Dutch oven or a heavy-bottomed pot, heat the olive oil over medium-high heat. Add the ground turkey (or beef) and cook, breaking it up with a spoon, until it's browned and cooked through. Drain off any excess fat.
- 2. Saut  Aromatics & Veggies:** Add the chopped onion, diced carrots, and diced celery to the pot with the browned meat. Cook over medium heat for 8-10 minutes, stirring occasionally, until the vegetables begin to soften. Stir in the minced garlic and cook for another minute until fragrant.
- 3. Add : Liquids & Seasonings:** Stir in the diced tomatoes (undrained), drained corn, rinsed black beans, chicken broth, dried thyme, smoked paprika, dried rosemary, salt, and black pepper. Stir everything well to combine.
- 4. Simmer & : Flavor Meld:** Bring the mixture to a gentle simmer. Reduce the heat to low, cover the pot, and let it simmer for 15-20 minutes. This allows the flavors to meld and deepen beautifully.
- 5. Cook the : Pasta:** Stir in the uncooked egg noodles. Make sure the pasta is mostly submerged in the sauce. Bring the mixture back to a gentle simmer, then reduce the heat to low, cover, and cook for another 8-10 minutes, or according to pasta package directions, until the noodles are tender and most of the liquid has been absorbed. Stir occasionally to prevent sticking.
- 6. Season & : Serve:** Remove the pot from the heat. Taste and adjust seasonings as needed. If desired, garnish with fresh chopped parsley or grated Parmesan cheese. Serve hot.

SWAPS & NOTES

Ground Meat: Ground turkey offers a leaner option, but ground beef provides a richer flavor.

Ground sausage (like a mild Italian) can also be a delicious substitute.

Vegetables: This recipe is very adaptable.

Feel free to swap in other fall vegetables like diced sweet potato (add with carrots and celery), cubed butternut squash, or even a handful of chopped spinach (stir in at the very end).

TIPS FOR SUCCESS

Don't Rush Browning: Getting a good sear on the ground meat adds a crucial layer of flavor to the entire dish.

Rinse Beans: Rinsing canned beans removes excess sodium and starch, which can lead to a cleaner flavor profile.

Simmer Time Matters: Even for a "quick" recipe, the 15-20 minute initial simmer is important for developing deep flavors.

Watch the Pasta: Pasta cooks quickly in the sauce.

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