

Hearty Hamburger Noodle Soup: Easy One-Pot Family Dinner

Hearty Hamburger Noodle Soup



TIME
5-7 min

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INGREDIENTS

- 1 tbsp olive oil or vegetable oil
- 1 lb lean ground beef (80/20 or 85/15 recommended for flavor)
- 1 large onion, chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 (28 oz) can crushed tomatoes (or diced tomatoes, undrained)
- 6 cups beef broth (low sodium preferred)
- 1 tsp dried Italian seasoning
- 1/2 tsp dried thyme
- 1/4 tsp black pepper
- 1 tsp salt (or to taste, especially if using low-sodium broth)
- 4 cups wide egg noodles (about 6-8 oz dry)
- 1 cup frozen peas (or fresh, if in season)
- Fresh parsley, chopped, for garnish (optional)

DIRECTIONS

- 1. Brown the : Beef:** Heat the olive oil in a large Dutch oven or a heavy-bottomed pot over medium-high heat. Add the ground beef and cook, breaking it up with a spoon, until it's fully browned and no longer pink. Drain off any excess grease from the pot.
- 2. SautØ Aromatics:** Add the chopped onion, diced carrots, and diced celery to the pot with the browned ground beef. SautØ for 5-7 minutes, stirring occasionally, until the vegetables begin to soften.
- 3. Add : Garlic and Seasonings:** Stir in the minced garlic, Italian seasoning, dried thyme, black pepper, and salt. Cook for another 1-2 minutes until fragrant, stirring constantly to prevent the garlic from burning.
- 4. Add : Tomatoes and Broth:** Pour in the crushed tomatoes and beef broth. Stir well, scraping up any browned bits from the bottom of the pot. Bring the mixture to a boil.
- 5. Simmer:** Once boiling, reduce the heat to low, cover the pot, and let the soup simmer for at least 15-20 minutes. This allows the flavors to meld and the vegetables to become tender.
- 6. Add : Noodles:** Increase the heat to medium-high and bring the soup back to a gentle boil. Add the wide egg noodles and cook according to package directions, typically 6-8 minutes, or until al dente. Be careful not to overcook them, as they will continue to absorb liquid.
- 7. Stir in : Peas:** Just before serving, stir in the frozen peas. Cook for 1-2 minutes, or until they are heated through and bright green.

8. Taste and : Adjust: Taste the soup and adjust seasonings (salt, pepper) as needed.
9. Serve: Ladle the hot soup into bowls. Garnish with fresh chopped parsley, if desired.

SWAPS & NOTES

Ground Beef: You can easily substitute ground turkey, ground chicken, or a blend of ground beef and pork for a different flavor.

Adjust cooking time slightly for leaner meats.

Vegetables: Feel free to customize the vegetables based on your preferences or what you have available.

Diced bell peppers, corn, green beans, or even a handful of spinach (stirred in at the very end) would be delicious additions.

TIPS FOR SUCCESS

Drain Grease Thoroughly: Draining excess grease from the ground beef is crucial for a cleaner, less oily soup.

Don't Overcook Noodles: Add the noodles towards the end of the cooking process.

Overcooked noodles will become mushy and absorb too much broth, leaving you with less soup.

Adjust Broth: If you prefer a thinner soup, you can add an extra cup of broth.

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