

## The Best Busy Day Soup: A 30-Minute One-Pot Pantry Meal

This is a permanent resident in my "Weeknight Hero" file for several reasons:



**TIME**  
**30 min**

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**SOURCE**  
**ChefManiac**

### INGREDIENTS

The Protein: 1 lb ground beef or turkey.

The Aromatics: 1 small yellow onion (diced) and 2 cloves garlic (minced).

The Liquid Base: 4 cups beef or chicken broth and 1 (14.5 oz) can diced tomatoes (with the juices!).

The Bulk: 1 cup mixed frozen vegetables and 1 cup elbow macaroni (or any small pasta).

The Seasoning: 1 tsp Italian seasoning,  $\frac{1}{2}$  tsp salt, and  $\frac{1}{2}$  tsp black pepper.

### DIRECTIONS

- 1. Brown the Meat:** In a large Dutch oven or soup pot over medium-high heat, brown your ground beef or turkey. Add the diced onion and minced garlic halfway through the browning process so they soften and become fragrant without burning. Once the meat is fully cooked, drain the excess grease.
- 2. Simmer the Base:** Pour in the broth, the canned tomatoes (juice and all!), the frozen vegetables, and all the seasonings. Bring the mixture to a rolling boil, then reduce the heat to low. Cover the pot and let it simmer for 20 minutes. This allows the flavors of the tomatoes and Italian seasoning to meld.
- 3. Cook the Pasta:** Stir in the dry elbow macaroni. Increase the heat slightly to maintain a gentle boil and cook for 10-12 minutes. You want the pasta to be tender but still have a bit of "bite" (al dente).
- 4. Serve and Enjoy:** Ladle the hot soup into bowls. For the best experience, serve it with a side of crusty bread or grilled cheese for dipping.

### SWAPS & NOTES

**Why I Love This Recipe** This is a permanent resident in my "Weeknight Hero" file for several reasons: The One-Pot Cleanup: Everything, including the pasta, cooks in the same pot, which means you aren't stuck at the sink after dinner.

**Pantry-Ready:** If you have a pound of ground meat in the freezer, you likely have everything else in your cupboards.

**Highly Customizable:** This is a "fridge cleaner" recipe-you can toss in almost any vegetable or pasta shape you have on hand.

**Satisfying for All Ages:** It's a "kid-friendly" soup that adults actually enjoy eating, too.

## TIPS FOR SUCCESS

**Don't Overcook the Pasta:** Remember that pasta continues to soften in hot broth even after the heat is turned off.

If you plan on having leftovers, cook the pasta for the minimum time suggested.

**Salt to Taste:** Depending on the saltiness of your broth, you may want to add an extra pinch of salt at the very end.

**The Liquid Ratio:** If you prefer a "brothier" soup, add an extra cup of water or broth.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-busy-day-soup-a-30-minute-one-pot-pantry-meal/>