

## *Beef with Cheesy Macaroni Stoup*

Source: Kookie Brock, cooking instructor at Sur la Table



12 ounces extra lean ground beef  
 2 whole garlic clove, minced  
 2 1/2 cups beef stock  
 1 1/2 teaspoons Italian seasoning  
 1/4 teaspoon onion powder  
 1 cup macaroni, like penne, bowtie, short egg noodles or elbow  
 16 ounces tomatoes, low sodium, canned, chopped  
 16 ounces kidney beans, canned, drained  
 8 ounces cream cheese  
 2 tablespoons fresh basil, for garnish

*Serving Ideas: This wouldn't need anything except a salad and some crusty bread and you have dinner.*

*Per Serving (excluding unknown items): 456 Calories; 18g Fat (35.4% calories from fat); 26g Protein; 48g Carbohydrate; 15g Dietary Fiber; 60mg Cholesterol; 796mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.*

**Carolyn T's Tasting Spoons blog:**  
<http://tastingspoons.com>

*Description: A stoup is a cross between a stew and a soup.*  
 Preparation Time: 20 minutes

1. In a large saucepan cook the ground beef over medium heat until it loses all of its pink color. Add minced garlic toward the end. Drain the beef in a strainer or colander, then transfer to a large plate lined with 3 layers of paper towels. Blot the beef with additional paper towels. Return beef to the saucepan.
2. Add broth and all the seasonings (except basil). Cover and bring to a boil, then stir in the pasta. Return to a boil and reduce heat. Cover and simmer until the macaroni is al dente - just barely done, about 8 minutes (depending on the type of pasta, of course). Stir in the tomatoes and kidney beans, and return to a boil. Add the cream cheese, cut up into chunks and allow to melt. Serve immediately with a garnish of thin slices of basil.