

Choco Fever Dream

Beef and Macaroni Soup – Hearty Comfort Food

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef chuck, cut into 1-inch cubes
- [ ] 1 cup elbow macaroni
- [ ] 1 medium onion, diced
- [ ] 2 carrots, sliced thin
- [ ] 2 stalks celery, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups beef broth
- [ ] 2 tbsp tomato paste
- [ ] 1 bay leaf
- [ ] 1 tsp dried thyme
- [ ] Salt and black pepper to taste
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Heat a large pot over medium-high heat, add a drizzle of oil, and brown the beef cubes in batches until a deep crust forms. beef enchiladas.
2. Remove the beef and set aside. In the same pot, add onion, carrot, and celery; sauté until softened, about 5 minutes.
3. Stir in garlic and tomato paste, cooking for another minute until fragrant.
4. Return the beef to the pot, pour in beef broth, add bay leaf, thyme, salt, and pepper. Bring to a gentle boil, then reduce to a simmer.
5. Let the soup simmer uncovered for 30 minutes, allowing the flavors to meld. soups.
6. Add the macaroni and cook for an additional 8-10 minutes until al dente.
7. Remove the bay leaf, stir in fresh parsley, adjust seasoning, and serve hot. pasta.

Nutrition per serving

420 kcal	30 g	35 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, deglaze the pot with a splash of red wine (optional).
- If the soup becomes too thick, thin with a little extra broth or water.
- Taste before serving; a pinch of sugar can balance acidity if needed.