

Curly Noodle Dinner

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 18 minutes (plus 10 more if you have to brown the ground beef)

Serves: 6

CChints: This is a quick and inexpensive meal. Buy lean ground beef when it's on sale. Brown it and freeze in one pound portions until needed for recipes like this. It's a great time saver on busy days. Serve with a simple side salad and dinner is ready. Red bell peppers are another item that can be purchased when on sale, diced and put in a freezer bag and frozen for weeks until needed. For a creamy version, omit the tomato paste and corn and add a can of cream corn.



- 1 pound lean ground beef, cooked
- 1 teaspoon olive oil
- 1/2 of a medium yellow or white onion
- 1/2 cup red bell pepper, diced
- 2 gloves minced garlic, fresh or jarred
- 1/2 cup chicken broth
- 1 package Beef Ramen Noodles
- 14 ounce can diced tomatoes, undrained
- 1 tablespoon tomato paste
- 1 cup frozen corn, thawed

If you have beef in the freezer, pop it in a microwave safe container and defrost it. If you need to cook the beef now, do so over medium heat until brown well crumbled. Drain on paper towels. While beef cooks, get the rest of the recipe ready by dicing onions, peppers, etc.

Add oil to a nonstick pan over medium heat. Add onions and cook 5 minutes. Add bell pepper and garlic and cook another 3 minutes. Add water or chicken broth and stir in the seasoning package from the noodles. Blend in the tomatoes, paste, corn and the beef. Crumble the noodles and stir. Cover the skillet and cook for 10 minutes. If it begins to boil, turn down the heat for the remainder of the 10 minutes.