



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	420
% Daily Value	
Total Fat	18g28%
Saturated Fat	9g45%
Cholesterol	60mg20%
Sodium	1010mg42%
Total Carbohydrate	45g15%
Dietary Fiber	4g16%
Protein	20g40%
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté beef, garlic, Italian seasoning, salt and pepper in oil for 5 to 8 minutes or until beef is cooked through.
3. Stir beef and noodles into soup; bring to simmer. Cook for 3 to 5 minutes or until heated through. Stir in 1/4 cup (60 mL) each basil and parsley.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tbsp (30 mL) ricotta and 1 tsp (5 mL) each remaining basil and parsley.