



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	400
% Daily Value	
Total Fat	14g22%
Saturated Fat	5g25%
Cholesterol	40mg13%
Sodium	1380mg58%
Total Carbohydrate	49g16%
Dietary Fiber	6g24%
Protein	19g38%
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 ground beef, paprika, Italian seasoning, salt and pepper in oil for 5 to 8 minutes or until beef is browned and cooked through.
3. Stir beef mixture, diced tomatoes and macaroni into soup; bring to simmer. Cook for about 5 minutes or until heated through.



Tip

For each portion, ladle 1 1/3 cups (325 mL) into bowl; garnish with 4 tsp (20 mL) Cheddar cheese, 1 tbsp (15 mL) sour cream, and 1 tsp each (5 mL) dill and parsley.