



# Hamburger Helper



## INGREDIENTS

- 1 onion chopped
- 1 carrot shredded
- 1/8 cup chopped red pepper
- 4 garlic cloves or to taste
- 1 lb of ground beef
- 1 pint of beef broth
- 1 cup of milk
- 1/2 cup of water
- 2 cups of elbow pasta
- 2+ tablespoons tomato paste
- 1/4 cup sour cream
- 1.5 - 2 cups shredded cheese
- salt, pepper oregano to taste

## DIRECTIONS

Chop and shred veggies then add to a dutch oven with butter and ground beef until everything has browned. Pour in your liquids and pasta then stir in tomato paste. Let cook until thickened. Remove from heat and stir in sour cream and cheese. Let stand 5 minutes to thicken before serving.

NOTES: any pasta shape similar to elbows will work just fine, you can also use any bone broth/stock you have on hand. For an extra boost of protein use greek yogurt instead of sour cream. To add more flavour use a pepper jack, gruyere or sharp cheddar.

