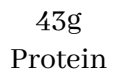
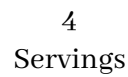




Warm up a cold day with this homemade version of alphabet soup filled with Ground Beef, beans and vegetables.

[illegible]





1 pound Ground Beef (95% lean)

1/2 teaspoon salt

1/2 teaspoon salt











1/4 teaspoon pepper

1/4 teaspoon pepper

1/4 teaspoon pepper

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[illegible]

[illegible]

1 can (15-1/2 ounces) Great Northern beans, undrained



[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 cup uncooked alphabet pasta





[illegible]

[illegible]

[illegible]

[illegible]

2 cups small broccoli florets

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

Salt and pepper

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Grated or shredded Parmesan cheese (optional)

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Grated or shredded Parmesan cheese (optional)



[illegible]

[illegible]

Grated or shredded Parmesan cheese (optional)

3 slices whole wheat bread

[illegible]

[illegible]

[illegible]

[illegible]

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Olive oil for brushing

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		11g	78mg		63g	43g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com