



## One-Pot Spinach Beef Soup

### INGREDIENTS

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| 1 pound ground beef   | 1 teaspoon dried basil                 |
| 4 garlic cloves, minced   | 1/2 teaspoon pepper                    |
| 2 cartons (32 ounces each) reduced-sodium or no sodium beef broth                         | 1/2 teaspoon dried oregano             |
| 2 cans (14-1/2 ounces each) diced tomatoes with green pepper, celery and onion, undrained | 1/4 teaspoon salt                      |
|   | 3 cups uncooked bow tie pasta          |
|   | 4 cups fresh spinach, coarsely chopped |
|   | Grated Parmesan cheese                 |

### INSTRUCTIONS

1. In a 6-qt. stockpot, cook beef and garlic over medium heat until beef is no longer pink, breaking up beef into crumbles, 6-8 minutes; drain. Stir in broth, tomatoes and seasonings; bring to a boil. Stir in pasta; return to a boil. Cook, uncovered, until pasta is tender, 7-9 minutes.
2. Stir in spinach until wilted. Sprinkle servings with cheese.

### Nutrition Facts

1-1/3 cups: 258 calories, 7g fat (3g saturated fat), 40mg cholesterol, 909mg sodium, 30g carbohydrate (8g sugars, 3g fiber), 17g protein.

## Notes:

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*Empowerment. Independence. Lifestyle.*

## Our Community

We CARE about the communities we serve and have designed our very own outreach initiative that is fondly called Care N' Community. By design we are working hand-in-hand with local community partners to create an intergenerational support system that promotes well-being, empowerment and independence. We are focusing on the link between strong communities, senior involvement and population health in ways that have not been explored before. By encouraging our local communities to become more involved, together we are innovating and combining our efforts to better serve local seniors.

### Join us in a community near you for:

- ♥ Health and Wellness Education
- ♥ Healthy Cooking Demonstrations
- ♥ Social Gatherings
- ♥ BINGO and Loteria
- ♥ Medicare Education
- ♥ Arts & Crafts
- And much more!

### Visit [CareNCommunity.com](http://CareNCommunity.com)

Call to learn more about Care N' Care, **855-621-0402** (TTY 711), 8am – 8pm, seven days a week.