

One-Pot Ground Beef and Lentil Pasta

Ingredients

- 1 pound 93 % lean ground beef
- 1 tablespoon olive oil
- 1 15 ounce can lentils (drained) or 10 ounces cooked lentils
- 1 tablespoon onion powder
- 1 tablespoon tomato and chicken bouillon powder* (see below for substitution)
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon chili powder
- 12 ounces dried egg noodles
- 2 cups water* (see below for substitution)
- 2 cups milk
- ½ to 1 cup shredded Colby Jack cheese (optional)
- 1 tablespoon dried parsley or 1/4 cup chopped fresh parsley (optional)

Instructions

1. Heat oil in stockpot over medium heat until hot. Add Ground Beef, cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. As it cooks add onion powder, garlic powder, smoked paprika, salt, black pepper, and chili powder. Drain off fat as needed.
Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
2. Add the pasta, water (or beef broth) and milk and stir to combine. Bring the mixture to a boil, then reduce the heat to a simmer and cook until pasta is tender, stirring often, until most of the liquid has absorbed and the pasta is al dente, 12 to 15 minutes.
3. Remove from heat and stir in the cheese; add parsley as desired.
4. Serve and enjoy!

*If you don't have tomato chicken bouillon powder you can substitute ¼ cup tomato sauce or 2 tablespoons tomato paste and use 2 cups of beef broth instead of water.