



### **Beef and Vegetable Medley**

2 tbsp vegetable oil  
1 lb ground beef  
1/2 medium cabbage, shredded  
3 medium carrots, thinly sliced  
2 celery stalks, thinly sliced

1 green pepper, cut into strips  
1 medium onion, sliced  
1 cup beef broth  
1 1/2 tsp salt  
1/4 tsp pepper  
1 1/2 cups uncooked macaroni  
2 tbsp parsley, snipped

Brown ground beef in oil. Remove excess fat.  
Add vegetables, broth, and seasonings. Bring to a boil, cover, and simmer until vegetables are tender, about 20 minutes.

Cook macaroni according to package directions, drain, and add to meat and vegetables.

Garnish with parsley.

Makes 4 to 6 servings.

Variation: Add 1 1/2 to 2 tsp curry powder with salt and pepper.

Donna's Additions: Add 1 can tomato soup. Add macaroni uncooked. Use 2 lbs ground beef and 3 Bovril.