

Beef Spinach Noodle Bowl

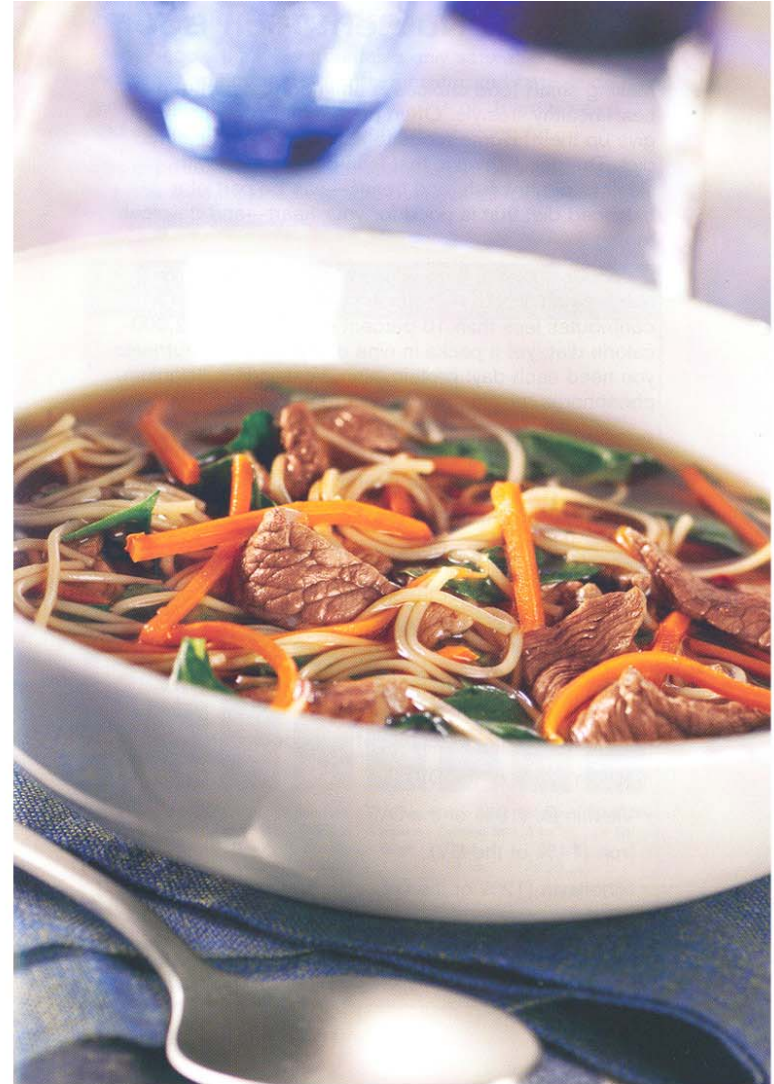
Serves 4

- ▶ 1 pound beef round tip steaks ($\frac{1}{2}$ inch thick)
- ▶ 2 14-ounce cans fat-free, no-salt-added beef broth 2 teaspoons grated peeled gingerroot
- ▶ 1-1/2 ounces angel hair pasta, broken into 2-inch pieces
- ▶ 1/8 teaspoon crushed red pepper flakes
- ▶ 1 cup baby spinach leaves, coarsely chopped
- ▶ 1/2 cup shredded carrot
- ▶ 1/4 cup chopped fresh basil leaves

Stack the beef steaks. Cut lengthwise in half, then crosswise into 1-inch strips.

In a medium saucepan, bring the broth and gingerroot to a boil over high heat. Stir in the pasta and red pepper flakes. Return to a boil. Reduce the heat and simmer, covered, for 3 to 4 minutes, or until the pasta is tender.

Separate the beef strips. Bring the soup to a boil. Add the beef to the soup. Stir in the spinach, carrot, and basil. Remove the pan from the heat. Let stand, covered, for 5 minutes.



DIETARY EXCHANGES $\frac{1}{2}$ Starch, 1 Vegetable, 3 Lean Meat

NUTRIENTS PER SERVING Calories 215; Total Fat 5.3 g; Saturated Fat 1.8 g; Polyunsaturated Fat 0.3 g; Monounsaturated Fat 2 g; Carbohydrates 10 g; Fiber 1.1 g; Cholesterol 69 mg; Protein 30 g; Sodium 136 mg; Niacin 5.1 mg; Vitamin B₆ 0.4 mg; Vitamin B₁₂ 2.5 mg; Selenium 30.2 mg; Zinc 6.3 mg; Iron 3.3 mg

This recipe is an excellent source of protein, niacin, Vitamin B₆, Vitamin B₁₂, selenium, and zinc, and a good source of iron.

