

Macaroni Soup

½ lb	Stewing beef, cut in small cubes
1	Small onion
2	Garlic cloves
1 tbsp	Vegetable oil
2 cups	Water
2	Carrots, chopped
2	Celery stalks, chopped
1 cup	Crushed tomato (canned)
900 ml	Beef broth
½ cup	Whole wheat macaroni

1. Sautee beef, onion and garlic in oil, until lightly browned.
2. Add water, bring to a boil then simmer 30 minutes.
3. Add vegetables, tomato and broth.
4. Simmer another 30 minutes.
5. Add pasta, simmer 15 more minutes. Makes 6 servings.