

Noodle Soup with Ground Beef

Hearty Middle Eastern noodle soup with savory ground beef, capia peppers, and aromatic spices. Perfect comfort food ready in 45 minutes.

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 tbsp butter
- 0.5 tbsp olive oil
- 4.8 oz ground beef
- 1 tbsp tomato paste
- 1 capia pepper
- 2 cup water
- 1 orzo
- 0.5 tbsp dry mint
- 0.5 tbsp black pepper
- 0.5 tbsp salt

Instructions

1 Prepare the beef base

Heat 1 tablespoon butter and 0.5 tablespoon olive oil in a large pot over medium-high heat until the butter melts and begins to foam. Add 4.8 oz ground beef and cook, breaking it apart with a wooden spoon, until browned and no pink remains, about 5-6 minutes.

2 Add 1 tablespoon tomato paste to the beef and stir constantly for 1-2 minutes until the paste darkens slightly and becomes fragrant.

3 Add vegetables and seasonings

Add 1 diced onion to the pot and cook, stirring frequently, until softened and translucent, about 3-4 minutes. Season with 0.5 tablespoon salt, 0.5 tablespoon black pepper, and 0.5 tablespoon dried mint.

- 4 Pour in 2 cups water and bring to a rolling boil over high heat. Reduce heat to medium-low and simmer for 10-12 minutes to allow the flavors to meld and the broth to develop.
- 5 **Cook the noodles**
Add the noodles to the simmering soup and cook according to package directions until tender, typically 8-10 minutes. Stir occasionally to prevent sticking.
- 6 Taste the soup and adjust seasoning with additional salt and pepper as needed. Serve immediately in bowls while hot.

Tips

Brown the ground beef thoroughly to develop deep flavor - don't rush this step as it forms the foundation of your soup's taste.

Sauté the tomato paste for 1-2 minutes after adding it to remove any raw taste and concentrate the flavors.

Don't overcook the noodles - they'll continue cooking in the hot broth even after you turn off the heat.

Taste and adjust seasoning at the end, as the saltiness can concentrate during cooking.

For richer flavor, use half beef broth and half water instead of all water.

Add the dried mint in the last few minutes of cooking to preserve its aromatic qualities.

If the soup becomes too thick upon standing, simply add more hot water or broth when reheating.