

Hamburger Buddy

Servings : 6

Amount	Measure	Ingredient - Preparation Method
3	cloves	garlic - crushed and peeled
2	medium	carrot - 2" pieces
10	ounces	poblano pepper - diced
1	large	onion - 2" pieces
1	pound	90% lean ground beef
2	teaspoons	dried thyme
3/4	teaspoon	salt
1/4	teaspoon	freshly ground black pepper
2	cups	water
14	ounces	beef broth
8	ounces	whole wheat elbow macaroni
2	tablespoons	Worcestershire sauce
2	tablespoons	all-purpose flour
1/2	cup	sour cream
1	tablespoon	parsley - chopped

Drop garlic into running food processor until minced, then add carrots and poblanos and process until finely chopped. Turn it on, add onions and pulse until roughly chopped.

Cook beef in a large skillet or dutch oven over med-high heat, 3-5 minutes. Stir in the chopped vegetables, thyme, salt and pepper and cook, stirring often, until the vegetables start to soften, 5-7 minutes.

Stir in water, 1 1/2 cups broth, noodles and worcestshire sauce; bring to a boili. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender, 8-10 minutes.

Whisk flour with remaining 1/4 cup broth in a small bowl until smooth; stir in the pot. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened, about 2 minutes. Serve sprinkled with parsley.