

Slumgullion #1

(Dunno what this is but it sure tastes good)

Boil a cup or two of varied pasta (ziti, elbows, rotini, farfalline, orzo, gnocchi, ramen, wide egg noodles)

Brown ½ lb. of ground/diced/shredded meat in a pot

Add:

14 oz. can of peas/beans/corn/mixed veg.
10 oz. can of cream of mushroom or cream of chicken soup or both
Couple/three tbsp. each of olive oil and balsamic vinegar
½+ palmful each of oregano, basil, minced onion
1 tbsp. garlic powder
1 tbsp. paprika
1 tsp. black pepper
small pinch each of white and red pepper
small pinch of curry powder (opt.)
small sprinkle of berbere (opt.)
any other flavor(s) you like

Drain pasta when ready and add pasta to pot

Add water to thin to stew or soup, as desired

Stir whilst gently boiling, and reduce to simmer

Stir while simmering for a minute

Serve in bowls with bivalve ducks if too thin to plow.
Serve on plates if too thick to drink.

All measurements are approximate and non-critical.

If it takes you more than 20 minutes to prepare this, you're doing it wrong.

If you wrinkle your nose at the result, don't make it that way again.