



♥ SIMPLE LIFE MEALS

Easy Beef & Noodles (From Leftover Roast Beef)

Using Pressure Cooker Bottom Rump Roast + Homemade Broth

🕒 **Prep Time: 10 minutes**

🕒 **Cook Time: 15–20 minutes**

🍴 **Servings: 4–6**

🛒 INGREDIENTS

🥩 Beef Base (from your roast)

- 2–3 cups shredded bottom rump roast
- 2–3 cups reserved beef broth (from pressure cooker)

🍜 Noodles

- 8 oz egg noodles

🧂 Seasoning

- 1 tbsp butter
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt & pepper to taste

🧂 ROAST BEEF DRY RUB (Used in Base Recipe)

- 2 tbsp ground marjoram
- 2 tbsp garlic powder
- 2 tbsp oregano
- 2 tsp thyme
- 2 tsp parsley
- 1 1/2 tsp coarse salt
- 2 tsp pepper
- 1/4 cup brown sugar

👨🍳 INSTRUCTIONS

🥩 Step 1: Prepare Beef (from main meal prep)

1. Use your pressure cooker roast (already cooked using dry rub + broth)
2. Shred beef and reserve broth

🍜 Step 2: Cook Noodles

1. Bring reserved beef broth to a boil
2. Add egg noodles
3. Cook until tender (about 8–10 minutes)

🍲 Step 3: Combine

1. Add shredded beef to noodles
2. Stir in butter, garlic powder, and onion powder
3. Simmer 5–10 minutes to blend flavors

🧂 Step 4: Finish

1. Season with salt & pepper to taste
2. Let sit a few minutes to thicken

🥗 NUTRITION (Estimated Per Serving)

Calories: 400–500

Protein: 30–40g

Carbs: 35–45g

Fat: 12–18g

Fiber: 2–4g

🥗 OPTIONAL ADD-INS

- Mushrooms
- Peas
- Carrots
- Splash of cream (for richer flavor)

🍴 MEAL PREP IDEAS

- ✓ Beef & noodles dinner
- ✓ Lunch meal prep bowls
- ✓ Add side salad for full meal
- ✓ Freeze leftovers for later

💡 TIPS

- Use broth from roast for BEST flavor
- Let noodles rest before serving to thicken
- Add extra broth for a soup-style version

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