



# AMERICAN GOULASH

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## INGREDIENTS

- 1 Tbsp extra-virgin olive oil
- 1½ cup onion, diced
- 1 lb ground beef
- 2 large cloves garlic, minced
- 2 tsp paprika
- 1 tsp Italian seasoning
- 1 tsp salt
- ¼ tsp pepper
- 1 14oz can diced tomato, undrained
- 1 8oz can tomato sauce
- 1 cup beef broth
- 1 ¼ c elbow macaroni
- 2 Tbsp grated parmesan cheese

## DIRECTIONS

1. Heat oil in a large saucepan over medium-high heat.
2. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes.
3. Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute.
4. Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil.
5. Reduce heat to medium-low, cover and cook for 5 minutes.
6. Add macaroni and cook, uncovered, stirring occasionally, until tender, 6 to 9 minutes.
7. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan, if desired.



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## SHOPPING LIST

Olive oil  
Onion  
Garlic  
Paprika  
Italian seasoning  
Salt  
Pepper  
1 14oz can diced tomato  
1 8oz can tomato sauce  
1 c beef broth  
Elbow macaroni  
Parmesan cheese, grated

## SIDE OPTIONS

Potato Pancakes  
Steamed Vegetables  
Side Salad