

## INGREDIENTS

- 1 lb Ground Beef, 90/10
- 1 large Yellow onion, chopped
- 1 tsp Garlic powder (adjust to taste)
- 2 Tbsp Tomato paste
- 1 cup Tomato sauce
- 1 can (14.5 oz) Tomatoes, diced
- 1 tsp Italian seasoning (adjust to taste)
- 2 cups Elbow macaroni, dry, whole grain/whole wheat
- 1 cup Cheddar cheese, shredded (more for garnish if desired)

## INSTRUCTIONS

1. In a large pot or Dutch oven, cook the ground beef over medium heat until it's browned and cooked through. Break it up into small pieces as it cooks.
2. Push the beef to one side of the pot and add the chopped onion to the other side. Sauté the onion until it's translucent and soft, about 3-5 minutes.
3. Stir in the garlic powder, tomato paste, tomato sauce, and diced tomatoes (with their juice). Mix everything well.
4. Sprinkle in the Italian seasoning and stir. Let the mixture simmer for about 5 minutes, allowing the flavors to meld.
5. In a separate pot, boil water and cook the elbow macaroni according to the package instructions until al dente. Once cooked, drain the water.
6. Add the drained macaroni to the beef and tomato mixture. Stir well to combine.
7. Turn off the heat and stir in the shredded cheddar cheese until it's melted and the goulash is creamy.
8. Ladle the goulash into bowls. If desired, garnish with additional shredded cheddar cheese on top.



## Beef Goulash



4-6



Prep time 10 minutes

Cook time 30 minutes

Dive into a comforting bowl of Beef Goulash in under 45 minutes! This kid-friendly delight melds savory ground beef, aromatic onions, and rich tomatoes with whole grain macaroni, all crowned with melted cheddar. A nostalgic classic with a wholesome twist, it's the perfect pick for weeknight dinners, cozy gatherings, or when you're looking to serve up a dish that's sure to please both kids and adults alike.

