

One Pan Goulash

1-to-2 lbs. ground beef*
1 onion, chopped (approx. 1 cup)
1 Tbl. Worcestershire Sauce
1 (8oz.) pkg. uncooked elbow macaroni**
2 cups (16 oz.) beef broth
1 (14 oz.) can diced tomatoes
1 (8 oz.) can tomato sauce
2 tsp. **Garlic & Herb Spread Mix**
1/2-to-1 tsp salt, to taste
1/2 tsp black pepper
1/2 cup green pepper, chopped, optional
1/2-to-1 tsp. sugar, optional

In a large pot over high heat cook the ground beef with onion, green pepper (optional) and Worcestershire sauce for approximately 8 minutes or until meat is cooked (no longer pink). Stir meat frequently while cooking. Stir in all remaining ingredients and bring to a boil, stirring occasionally. Reduce to medium to low heat, cover pot and simmer for 6 to 8 minutes or until macaroni is cooked tender. Stir occasionally. Serves 6-8. Garnish with grated Parmesan cheese, if desired.

**Can substitute ground turkey, chicken, venison or plant-based crumbles
8 oz. uncooked elbow macaroni =2 cups of uncooked elbow macaroni



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