

1 – Large Tin OR 2 – 8” x 8” Tins

Old Fashioned Ground Beef Goulash (American Chop Suey)

This delicious old fashioned ground beef goulash is a recipe reminiscent of what your grandma may have served. Made with bell peppers, onions, tomato sauce, diced or crushed tomatoes, Worcestershire sauce and elbow macaroni pasta. An easy dinner that tastes great and feeds a large family or a small crowd. Freezer friendly too.



Skill Level: Easy
Servings: 8 Servings

Cook Time: 20 minutes
Prep Time: 10 minutes

INGREDIENTS

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| <ul style="list-style-type: none">• 8 oz elbow pasta• 1 lb ground beef• 1 cup bell peppers, any color or mix of colors, seeded and diced• 1 small onion diced• 1 tsp garlic paste or minced garlic | <ul style="list-style-type: none">• 15 oz tomato sauce• 14.5 oz petite diced tomatoes or crushed tomatoes for smoother sauce• 1 tbsp Worcestershire sauce• 1 tbsp olive oil• 1/2 tsp salt, more or less to taste |
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INSTRUCTIONS

1. Cook elbow macaroni according to package, drain and set aside. (cooking al dente is preferable for freezing)
2. In the same pan the pasta was cooked in add ground beef, diced bell peppers and onion. Cook until ground beef is brown, and peppers and onions are soft, about 10 minutes. Add garlic and cook for an additional minute.
3. Stir in cooked pasta*, tomato sauce, tomatoes, Worcestershire sauce, olive oil, and salt to taste.

FREEZING INSTRUCTIONS FOR PREPARED MEALS:

- ✓ Cool meal **completely!!!**
- ✓ PLEASE **DO NOT** OVER FILL THE CONTAINERS...LEAVE ABOUT 1" TO ¾" SPACE FROM TOP.
- ✓ Cover with saran wrap or aluminum foil (we prefer aluminum foil).



- ✓ Press down into the sides of the cooking pan to ensure that no air is trapped under the wrap. This will protect your dish from freezer burn and prolong its freezer life.



- ✓ Then, cover with foil cover that was given. Make sure label sticks to cover.