

EASY BEEF GOULASH

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COOK TIME: 45mins

SERVES: 4

CALORIES: 638 kcal (PER SERVING)

INGREDIENTS

2 tbsp olive oil
2 bell peppers, red + green, diced
1 brown onion, finely chopped
3 garlic cloves, minced
1.1 lb/500 g ground beef
1 tsp each: red pepper flakes, smoked paprika,
salt, black pepper, dried oregano, dried thyme
1 tbsp sweet paprika
1 tbsp soy sauce
3 tbsp double concentrated tomato paste
1 ½ cups/360 ml beef or chicken broth
3 cups/800 ml puréed tomatoes
2 bay leaves
6 oz/170 g elbow macaroni
2 tbsp chopped parsley
2 tbsp sour cream, optional
freshly grated cheddar cheese, for serving

DIRECTIONS

Get all the prep done before you start cooking: mince the garlic, finely chop the onion and dice the bell peppers.

Heat oil in a large heavy bottomed pot or Dutch oven over medium-high heat. Add bell peppers, sauté for 5 minutes, stirring from time to time. Add onion and garlic, cook for 3 minutes. Lower the heat if the peppers start to char.

Add ground beef, break up into small pieces with a wooden spoon, and cook until browned and no longer pink in the middle, 6 minutes. Stir in spices, tomato paste and soy sauce. Pour in chicken broth and puréed tomatoes. Bring to a boil.

Add macaroni and simmer, uncovered, for 10-15 minutes, or until the macaroni is al dente, according package directions. Stir in sour cream and parsley. Taste and adjust salt. Serve topped with lots of grated cheddar. Enjoy!

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