**American Goulash**

RECIPE



**INGREDIENTS**

* 6 pounds ground beef
* 6 large yellow onions, chopped
* 9 cloves garlic, minced
* 9 cups water
* 1 (#10) can tomato sauce
* 1 (#10) can diced tomatoes
* 6 tablespoons Italian seasoning
* 9 bay leaves
* 9 tablespoons soy sauce
* 3 tablespoons garlic powder
* 3 tablespoons black pepper
* 3 tablespoons seasoned salt
* 6 cups macaroni, uncooked
* Optional Ingredients:

Sugar, onion powder, mozzarella

**Note:** No need for an additional carbohydrate since the main dish is pasta.

**DIRECTIONS**

1. Cook beef over medium-high heat, stirring, until browned so that ground beef crumbles and no pink remains. Drain grease.
2. Add onions & garlic to the beef and sauté until they are tender, about 5 minutes
3. Add water, tomato sauce, diced tomatoes, Italian seasoning, bay leaves, soy sauce, garlic powder, black pepper and seasoned salt. Stir well, cover and cook for 15-20 minutes.
4. Add macaroni, stir well, cover and simmer for about 30 minutes.
5. Turn off heat, remove bay leaves before serving. (If desired, place goulash in a 2” pan and top mozzarella. Place in oven to melt and brown cheese)

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| **Prep Time:** 15 minutes | **Cook Time:** 95 minutes | **Total Time:** 105 minutes | **Yield:** 24 servings |