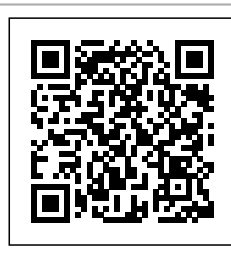


# Beef Goulash



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Recipe by: Laura Vitale

Serves 4

**Prep Time: 15 minutes**

**Cook Time: 40 minutes**

## Ingredients

- 1 lb of Ground Beef
- 1 Onion, diced
- 3 Cloves of Garlic, minced
- Drizzle of Olive Oil
- 14 oz can of Tomato Sauce
- 3 cup of Beef Broth
- 1 Tbsp of Worcestershire
- 1 tsp Italian seasoning
- 1/2 tsp of Seasoned Salt
- 1 Bay Leaf
- Salt and Lots of freshly ground black pepper
- 1 cup of Elbow Pasta
- Shredded cheddar

1) In a dutch oven, add a small drizzle of olive oil, preheat over medium-high heat, add the beef, cook while breaking it up until mostly cooked through, add the onions and garlic along with a small pinch of salt (add additional oil if the pan looks too dry) cook for 5 to 6 minutes until they cook down.

2) Add the tomato sauce, beef broth, Worcestershire, Italian seasoning and bay leaf, good amount of black pepper, reduce the heat to medium low and simmer for about 20 minutes.

3) Add the elbow, cook until al dente, remove from the heat, stir in a handful of shredded cheddar and serve with a dollop of sour cream.

