

MACARONI & BEEF GOULASH (American)

F MEDIUM

Last Modified: 10/17/2014

PREP: 15 Min
COOK: 3 Hrs 30 Min
STOVETOP

BEEF

MAKES 12 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Ground Chuck (80 / 20)	Crumbled
1	Pound	Box Dried Elbow Or Cut Macaroni	Al-Dente
2	Tbsp	Salted Butter	
2	Cups	Yellow Onions	Chopped
6	Cloves	Garlic	Minced

TOMATO SAUCE

2	Tbsp	Beef Base (Superior Touch)	Dissolved
2	19 Oz	Cans Hearty Tomato Soup (Progresso)	
3	Tbsp	Worcestershire Sauce (Lea & Perrins)	
4	Tbsp	Soy Sauce (Lee Kum Kee)	
4	Whole	Dried Bay Leaves	
2	Tsp	Garlic Powder	
2	Tsp	Montreal Steak Seasoning (McCormick)	
2	Tbsp	Italian Herb Blend (See Below)	
3 +	Tbsp	Dark Brown Sugar	To Taste
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
3	14 1/2 Oz	Cans Diced Tomatoes (Red Gold - Chili Ready)	
OR SUBSTITUTE			
3	14 1/2 Oz	Cans Diced Tomatoes (Plain or Flavored)	
AND			
2	Tsp	Chili Powder (Mild / Medium / Hot)	To Taste

ITALIAN HERB BLEND RECIPE: (Keeps Tightly Sealed For Months)

2	Tsp	Dried Basil	
2	Tsp	Dried Marjoram	
2	Tsp	Dried Oregano	
1	Tsp	Dried Rosemary	
1	Tsp	Dried Hand Rubbed Sage	

PREPARATION

FACTOID	A relatively ancient recipe of mine. I changed it to make use of Progresso canned Soup in place of the very time-consuming original scratch Sauce. The taste is almost exactly the same. I make this often as a dish-to-pass. Easily doubled if your Sauce stock pot is big enough.
HINTS	Cooking the Macaroni al-dente will allow it to soak up some of the Sauce during the final 15 minutes of cooking time, making the Sauce a bit thicker.

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TOOLS	1) Large Stainless Steel Skillet & Lid 2) Large Stock Pot & Lid 3) Stock Pot with Strainer & Lid
PREP	DISH 1) Dice the Yellow Onions and set them aside. 2) Mince the Garlic Cloves and set them aside.
1	In a large stock pot over medium high heat, add in all of the Tomato Sauce ingredients and bring it to a boil. Lower the heat to low and simmer while covered for at least 2 hours. Salt and Pepper the mixture to taste. Add in as much Brown Sugar as you like in order to reduce the acidity level of the Tomato Sauces.
2	Meanwhile, in a large skillet over medium high heat, cook the diced Onions in the Butter while stirring until transparent and just beginning to brown, about 5 minutes
3	Add in the minced Garlic and cook while stirring until aromatic, about 3 minutes.
CAUTION	Overcooking Garlic makes it BITTER! Always cook just until it smells good and quit.
4	Add in the Ground Chuck and brown thoroughly, (Drain off and discard any excess liquid) and set the mixture aside.
5	Remove and discard the Bay Leaves from the Sauce, add in the Ground Chuck Mixture, stir thoroughly and bring it to a boil over medium high heat. Lower the heat to low and simmer it for 1 hour to marry the Sauce flavors into the Hamburger.
6	In a large stock pot with a strainer, cook the Macaroni Al-Dente according to package directions. Drain (reserving 1 cup of the cooking liquid).
7	Stir the hot Macaroni into the Sauce stock pot over low heat, simmer while covered, stirring often, until it reaches serving temperature (careful it does not burn), about 15 minutes more. If the mixture seems a little dry, stir in a little of the reserved cooking liquid.
OPTION	If it seems way too dry, stir in another can of Progresso Soup.
SERVE	Serve while hot. You may optionally top with a dollop of Sour Cream, finely diced raw Onions, Chives or a sprinkling of Sharp Cheddar Cheese.
HINTS	This recipe freezes extremely well - I do so in pint plastic tubs & lids available from Gordon Foods. Reheating in a microwave makes it better tasting than the first time.