

## Classic American Goulash: Hearty, Comforting & Easy Weeknight Dinner

, minimizing cleanup which is always a win on a busy weeknight. It's incredibly



**TIME**  
**5-7 min**

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**ChefManiac**

### INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lean ground beef
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 1 (15-ounce) can tomato sauce
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (6-ounce) can tomato paste
- 3 cups beef broth (or water)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon red pepper flakes (optional, for a little kick)
- Salt and freshly ground black pepper to taste
- 2 cups elbow macaroni, uncooked
- 1 cup shredded cheddar cheese, plus more for serving (optional)
- Fresh parsley, chopped, for garnish (optional)

### DIRECTIONS

- 1. Brown the : Beef:** In a large Dutch oven or a deep, heavy-bottomed pot, heat the olive oil over medium-high heat. Add the ground beef and cook, breaking it up with a spoon, until it's browned and cooked through. Drain off any excess fat.
- 2. SautØ Aromatics:** Add the chopped onion to the pot with the browned beef. Cook until softened, about 5-7 minutes. Stir in the minced garlic and red pepper flakes (if using) and cook for another minute until fragrant.
- 3. Add : Tomatoes & Seasonings:** Stir in the tomato sauce, diced tomatoes (undrained), tomato paste, beef broth, Worcestershire sauce, dried Italian seasoning, smoked paprika, salt, and black pepper. Stir everything well to combine.
- 4. Simmer the : Sauce:** Bring the mixture to a gentle simmer. Reduce the heat to low, cover the pot, and let it simmer for 15-20 minutes, allowing the flavors to meld and deepen.
- 5. Cook the : Pasta:** Stir in the uncooked elbow macaroni. Make sure the pasta is mostly submerged in the sauce. Bring the mixture back to a gentle simmer, then reduce the heat to low, cover, and cook for 10-15 minutes, or until the macaroni is tender and most of the liquid has been absorbed. Stir occasionally to prevent the pasta from sticking to the bottom.
- 6. Finish & : Serve:** Remove the pot from the heat. Stir in the shredded cheddar cheese until it's melted and creamy. Taste and adjust seasonings as needed. If desired, garnish with fresh chopped parsley. Serve hot.

## SWAPS & NOTES

**Ground Meat:** While ground beef is traditional, you can easily use ground turkey, ground chicken, or even a mix of ground pork and beef.

**Pasta:** Elbow macaroni is classic, but small shells, ditalini, or even rotini would work well.

Make sure it's a small pasta shape that will cook quickly in the sauce.

**Tomatoes:** The combination of tomato sauce, diced tomatoes, and tomato paste provides depth.

## TIPS FOR SUCCESS

**Drain Fat:** Draining excess fat from the ground beef is important for a less greasy and more flavorful sauce.

**Don't Overcook Pasta:** Keep an eye on the macaroni during the final cooking stage.

**Stir Occasionally:** Stirring helps prevent the pasta from sticking to the bottom of the pot and ensures even cooking.

**Adjust Liquid:** If the sauce seems too thick before adding the pasta, add a splash more beef broth or water.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/classic-american-goulash-hearty-comforting-easy-weeknight-dinner/>