

Mama's Goulash Recipe for the Ultimate Cozy Family Dinner

1 green bell pepper, chopped



OVEN
350°F

TIME
3 min

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INGREDIENTS

- 1 pound elbow macaroni
- 2 pounds ground beef
- 1 onion, finely chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 2 cans (15 ounces each) tomato sauce
- 2 cans (14.5 ounces each) petit diced tomatoes
- 1 1/2 tablespoons Italian seasoning
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 cup cheddar cheese, shredded

DIRECTIONS

1. Preheat the oven: Preheat your oven to 350°F.
2. Cook the macaroni: Bring a large pot of water to a boil. Cook the elbow macaroni for 3 minutes less than the package directions, then drain. Undercooking it slightly helps keep the pasta from getting too soft while baking.
3. Brown the beef and vegetables: Heat a large skillet over high heat. Add the ground beef, chopped bell pepper, and onion. Break the beef apart as it cooks and continue cooking for about 7 minutes, or until the beef is browned and the vegetables begin to soften. Drain any excess fat.
4. Add the garlic and sauce: Stir in the minced garlic and cook for about 1 minute, just until fragrant. Add the Worcestershire sauce, tomato sauce, and diced tomatoes, then stir until well combined.
5. Season the mixture: Add the Italian seasoning, salt, and black pepper. Stir well and taste the mixture so you can adjust the seasonings if needed.
6. Add the pasta and cheese: Mix in the cooked macaroni and shredded cheddar cheese until everything is evenly combined.
7. Bake: If your skillet is oven-safe, place it directly in the oven. If not, transfer the mixture to a casserole dish. Bake for 25 minutes, or until the goulash is bubbly and the cheese is fully melted.

SWAPS & NOTES

Ground beef gives this goulash its classic hearty flavor, but

you can use ground turkey if you want a lighter option.

If your beef has a higher fat content, draining it well will help keep the finished dish from becoming greasy.

Green bell pepper adds a traditional savory note, but red or

yellow bell peppers can be used if you prefer a sweeter flavor.

Cheddar cheese gives this recipe a comforting, familiar finish, but a blend of cheddar and mozzarella would also work well if you want a slightly stretchier melt.

TIPS FOR SUCCESS

Cook the pasta slightly less than fully done before baking.

This keeps it from becoming mushy once it finishes cooking in the sauce and oven.

Since this is a large dish, seasoning matters, and making small adjustments before it goes into the oven helps ensure the final flavor is just right.

Drain the beef well if needed, especially when using a higher-fat ground beef.

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

Original recipe: <https://chefmaniac.com/mamas-goulash-recipe-for-the-ultimate-cozy-family-dinner/>