



American Goulash

Ingredients:

- 1/2 pound elbow macaroni
- 1 1/2 pounds ground beef
- 1/2 green bell pepper, chopped
- 1 small onion, chopped
- 1 (28-ounce) jar spaghetti sauce
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup (4 ounces) shredded Cheddar cheese

Directions:

1. Cook macaroni according to package directions; drain and cover to keep warm.
2. In a large skillet, brown the ground beef, bell pepper, and onion over high heat for 6 to 8 minutes, or until no pink remains in the beef, stirring frequently. Drain off excess liquid.
3. Add macaroni, spaghetti sauce, garlic powder, salt, and black pepper; mix well. Reduce heat to medium-low and let simmer 5 to 7 minutes, or until heated through. Sprinkle with cheese and simmer 1 to 2 minutes, or until cheese is melted; serve.

Notes: Any leftovers will freeze well.

Comments: Basically, make your lasagne recipe and add elbow macaroni to it. Ingredients are suggestions. I know people that make their spaghetti sauce from scratch and will never buy canned. Some don't like green bell peppers, if so, don't put them in. Simple common sense works well cooking. On the spaghetti sauce, I have used a lot of them, but Hunt's spaghetti sauce is the best price. I have used Newman's sauce here, and it is great. As for flavors, use your best judgement. Remember, you can always add, it is hard to take out!