



## **CROCK POT AMERICAN GOULASH**

This is the perfect make ahead meal for busy families! It is hearty, delicious and the perfect comfort food.

### **INGREDIENTS**

- 2 pounds ground beef
- 1½ medium onions diced
- 2 cloves garlic diced
- 1 green pepper diced
- 6 ounces tomato paste
- ½ cup water
- 24 ounces of your favorite marinara/pasta sauce
- 28 ounces diced tomatoes canned, do not drain
- 8 ounces mushrooms fresh or canned
- 1 T Italian seasoning
- ½ tsp seasoning salt or Sazon to taste
- 3 C pasta shells uncooked

### **INSTRUCTIONS**

1. Brown ground beef until no pink remains. Drain any fat.
2. Add ground beef mixture to CrockPot. Add all remaining ingredients except the uncooked shells.
3. Cook on High for 2 hours or low for 4-5 hours.
4. Prepare shells al dente according to package directions. Drain well and stir into meat sauce. Cover and cook an additional 10 minutes to heat through.

### **COOKING TIPS AND SWAPS:**

This recipe creates a thick goulash if you prefer your goulash to be thinner, increase the water to 1½ or 2 cups.

While you can add raw noodles to the crockpot for the last 30-40 minutes. For the best results, I highly recommend cooking the noodles on the side and stirring them in for serving. I have found that, depending on the brand of pasta, adding raw noodles can become gummy in texture. The best and most consistent results were achieved by cooking the pasta separately.

