

Old Fashioned Beef Goulash



Makes:

14

Utensil:

9 Qt./8.5 L Braiser Pan with Cover

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Recipe:

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Recipe Description:

Cooking for a large crowd? It can't get any easier than making Goulash in the Saladmaster 9 Qt Braiser Pan! Full of beefy goodness and macaroni, you cannot go wrong with this meal. It will please even your pickiest eater!

See tips for [how to defat ground meat](#) by using the Saladmaster 3qt. Culinary Basket.

Hungry for more? [Click here](#) to experience a meal with Saladmaster.

3 lb
ground beef, lean
(1 1/3
kg)

1 lb
macaroni noodles
(453
g)

4 diced tomatoes, with juice
 1 medium onion, shredded, use Cone # 2
 1 tbsp
 sugar
 (12 1/2
 g)
 1 green pepper, diced
 4 garlic cloves, minced
 15 oz
 tomato sauce
 (3/4
 ml)
 1 1/2 cups
 water
 (355 1/2
 ml)
 3 bay leaves
 1 1/2 tbsp
 Worcestershire sauce
 (22
 ml)
 1 tbsp
 seasoning salt (optional)
 (2 2/3
 g)

Directions:

1. Preheat braiser pan over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add the lean ground beef, cover and brown. Approximately 5 minutes.
3. Add the onions, garlic and bell peppers and continue to cook until the onions are translucent. Approximately 5 minutes.
4. Add all remaining ingredients except the macaroni noodles and simmer for 15 minutes.
5. Add macaroni noodles in and stir to combine. Cover and when Vapo-Valve™ begins to click turn heat down to low and cook for 10 -15 minutes until noddles are softened.
6. Remove bay leaves and serve.
7. Top with grated cheddar cheese and green onions, optional.

Tips:

- Instead of spending more money on lean ground beef, try cutting food costs by using the 3 qt. Culinary Basket or 3qt. Inset to defat regular ground beef. After setting meat in the basket (inset), simply place into a 3 qt. roaster filled with an inch of water. Set to medium heat and reduce to low once Vapo-Valve™ clicks. See link in recipe description for more details.

Nutritional Information per

▼ Serving

Calories: 432
Total Fat: 16g
Saturated Fat: 6g
Cholesterol: 62mg
Sodium: 1083mg
Total 32g
Carbs:
Dietary Fiber: 7g
Sugar: 18g
Protein: 25g