

Healthier Gyoulash

Ingredients

- 1 tbsp olive oil
- 1 cup onion, diced
- 1 green bell pepper, diced
- 2 lbs. ground beef, lean (*I buy grass fed*)
- 3 tsp garlic, minced
- 2 15 oz cans tomato sauce
- 2 15 oz cans petite diced tomatoes
- 3 cups low sodium beef broth (*I use beef base and add water- easier to store*)
- 3 tbsp Worcestershire Sauce
- 1 tsp seasoned salt
- 2 tbsp Italian Seasoning
- 2 cups macaroni noodles, UNCOOKED (*I use Banza chickpea noodles. This is a great way to add extra protein and avoid more processed flour. Whole grain noodles are also a great healthier option*)
- 1/2 cup light cheddar cheese, shredded (*can omit if dairy free - it still tastes great!*)

Directions

1. Add olive oil to a large pot over medium-high heat.
2. Add in the ground beef so it can start to cook.
3. Chop onion and bell pepper and add to the pot along with minced garlic. Cook until beef is no longer pink- stirring occasionally. This takes about 7-10 minutes. Drain any excess fat and return pot to stove top (If you buy lean you normally do not need to drain)
4. Pour in the tomato sauce, diced tomatoes, beef broth, Worcestershire sauce, seasoned salt, Italian seasoning, and dried macaroni noodles.
5. Stir and bring mixture to a boil. Reduce heat to a light boil and stir occasionally until the pasta is tender, about 20 minutes.
6. Stir in the cheddar cheese just before serving.
7. Enjoy!

MADE WITH LOVE

by Teresa Forehand