One-Pot Old Fashioned Goulash

INGREDIENTS

- 1 tbsp olive oil
- 1½ lbs lean ground beef
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 1 (15 oz) can tomato sauce
- 1 (15 oz) can petite diced tomatoes
- 3 cups low-sodium beef broth
- 2 tbsp Worcestershire sauce
- 1 tsp seasoned salt
- 2 tsp Italian seasoning
- Optional: ½ tsp smoked paprika
- 2¼ cups uncooked elbow macaroni
- 1 cup freshly shredded cheddar cheese (optional)
- Fresh parsley, chopped, for garnish (optional)

DIRECTIONS

1. Heat the olive oil in a large Dutch oven or heavy-bottomed pot over medium-high heat.
2. Add the ground beef and cook for 4-5 minutes, breaking it into crumbles, until it begins to brown.
3. Add the onion and bell pepper. Continue cooking for another 4-5 minutes, until the vegetables are softened. Stir in the garlic and cook for 30 seconds, until fragrant. Drain any excess grease if needed.
4. Stir in the tomato sauce, diced tomatoes, beef broth, Worcestershire sauce, seasoned salt, Italian seasoning, and smoked paprika (if using). Add the uncooked macaroni and stir to combine.
5. Increase the heat and bring the mixture to a boil. Once boiling, reduce the heat to low, cover, and simmer for 12-15 minutes, stirring once or twice, until the pasta is tender.
6. Remove from the heat and stir in the shredded cheddar cheese until melted, if using.
7. Garnish with fresh parsley, if desired, and serve warm.