

Goulash

*Submitted by member Dave Brown
2008 October Mini Tasting*

Ingredients:

- ½ lb. elbow macaroni
- 1 T. extra-virgin olive oil
- 1 1/3 lbs. lean ground beef
- 2-3 cloves of garlic, chopped
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- 2 ½ T. sweet paprika plus ½ t. smoked paprika
- 1 t. ground cumin
- 1 t. dried marjoram
- Black pepper
- 1 cup chicken stock
- 2 8 oz cans of tomato sauce
- 1 cup sour cream
- 2 T. chopped flat-leafed parsley
- 2 T. chopped dill

Preparation:

Boil water and cook pasta until al dente, about 6 minutes

Heat skillet over medium heat and add extra virgin olive oil and then ground beef. Break up meat and crumble, 2 – 3 minutes. Add garlic, onions, red bell peppers and seasonings to the ground beef. Cook four to 10 minutes. Then add chicken stock, two 8 oz cans of tomato sauce and sour cream to the pan. Add cooked pasta and stir. Adjust seasonings and garnish with chopped parsley.

