

Mom's Goulash

There are a few recipes from my mom that have stuck with me in my life. Her lasagne is ta die for as is her holiday ham. But the one I make at least once a month is her Goulash.

Traditional Goulash originated in Hungary and is more of a beef stew than the American version which uses minced beef, which made it cheaper to make, and the macaroni noodles are a decidedly American addition. Also, in some parts of New England and the midwest the dish is referred to as American Chop Suey.

its called so because of its seemingly haphazard throwing together of ingredients. In any case I think its GOOD. My mom never ever made hers without sliced mushrooms. Yeah I picked those out as a kid. You can add green peppers but in my opinion it changes the entire taste of the dish and not everyone likes green peppers. You could also use some other noodles too to change it up. The key in this recipe is to get natural labeled stuff, the less additives the better.

In case you're wondering, I stir everything together in a giant stock pot, specifically the one listed below the recipe!

PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE RECIPE AND INGREDIENTS

Ingredients:

1/2 lb macaroni
1 1/2 lbs ground beef
1 large onion, diced
garlic salt, pepper, chili powder, & hot sauce to taste
2 (14.5 oz) cans whole stewed tomatoes, undrained
2 tablespoons ketchup
Tomato juice as needed

Instructions:

Cook the macaroni to al dente according to package directions. While it's cooking, brown the ground beef and onion together in an extra-large skillet or in a dutch oven. Drain and season with spices to taste. In a large bowl, mash tomatoes with potato masher and add to beef along with the ketchup. Drain macaroni and add to the beef mixture, stirring well. Taste and add additional seasoning as needed. I didn't need to add any tomato juice to mine, but if you like yours very juicy you can add as much tomato juice as you like. Phyllis adds it to her leftovers, which I would also recommend, because the noodles tend to soak up all the juice with time.

source:tomatohero.com