

February's Casserole: **Goulash**

Ingredients

- 1 onion
- 2 cloves garlic
- 1 tablespoon olive oil
- 1 ½ teaspoon kosher salt
- 1 pound ground beef
- 2 teaspoon paprika
- 2 teaspoon dried oregano
- 2 teaspoon dried basil
- 1 tablespoon tomato paste
- 1 cup beef broth
- 1 tablespoon Worcestershire sauce
- 1 15 oz can diced tomatoes
- 1 15 oz can tomato sauce
- 2 cups dried macaroni
- 1 cup shredded cheddar cheese

Please have your casserole to the coordinator by Feb 10th. After this date, please make the March casserole.

Directions

1. Dice onions and garlic
2. Heat oil over medium heat and add onion, garlic, and ½ teaspoon of salt, cook until softened, 5-7 minutes
3. Add ground beef and 1 teaspoon of salt and break into pieces, cook until browned, 7-9 minutes
4. *Ground beef must be cooked to 160°F
5. Add paprika, oregano, basil and tomato paste and combine
6. Add broth, Worcestershire sauce, diced tomatoes and tomato sauce
7. Turn heat to high and bring to a boil
8. Reduce heat to low and add macaroni cook until pasta is al dente, 8 –12 minutes
9. Put into casserole pan and top with cheese, freeze.

