Goulash (Beefaroni)

Ingredients

- 1 Tablespoon olive oil
- 1 large onion , finely diced
- 3 cloves garlic , minced
- 1 lb lean ground beef or turkey
- salt and pepper to taste
- 1 Tablespoon dried parsley
- 2 teaspoons dried basil
- 1 teaspoon EACH garlic powder, and paprika
- 1/2 teaspoon EACH dried oregano and chili powder
- pinch crushed red pepper flakes
- 6 oz tomato paste
- 15 oz tomato sauce
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon granulated sugar
- 2 1/2 cups low-sodium beef broth , divided
- 1 ½ cups elbow noodles (8 oz) , uncooked
- 1 cup freshly grated cheddar cheese

Directions

1. Sauté onions and cook beef: Heat a large skillet with sides, over medium heat. Add oil. Once hot, add onion and saute for several minutes into tender and translucent. Add garlic and cook for 30 seconds. Push onion to the side and add ground beef and season well with salt and pepper. Cook until browned, crumbling it into very small pieces as it cooks. Add all dry spices and cook for 1-2 minutes.
2. Finish sauce: Stir in the tomato paste, tomato sauce, sugar, Worcestershire and 1 ½ cups beef broth. Simmer on low for 15-20 minutes. Taste and add additional seasonings, if needed.
3. Add pasta: Stir in additional ¾ cup broth and uncooked pasta. Cook until pasta is tender. Stir in freshly grated cheese and allow to melt. Serve immediately.