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# American Goulash

## Ingredients

- 3 Tbsp. cooking oil
- 2 onions , chopped
- 3 garlic cloves , minced
- 2 lbs ground beef
- 1 green bell pepper
- 1 26 oz jar pasta sauce
- 2 14.5 oz cans diced tomatoes
- 1 6 oz can tomato paste
- 1 Tbsp Italian seasoning
- 2 bay leaves
- salt & black pepper to taste
- 3 cups water
- 2-3 cups elbow macaroni, uncooked
- 2 cups shredded cheddar cheese
- sour cream

## Directions

Heat oil in a very large cooking pot over medium-high heat. Add the onion, garlic and beef and cook until the onion is soft and the meat is browned, stirring frequently. Add the green bell pepper and cook for a minute. Add the pasta sauce, the diced tomatoes, the tomato paste, the Italian seasoning, bay leaves and salt and pepper. Stir well. Add the water, bring to a boil, cover, reduce heat to low and let simmer for 15 minutes. Stir in the macaroni, cover and cook for 20 minutes, stirring occasionally. Turn off heat, remove bay leaves and discard. Sprinkle with the shredded cheddar cheese and cover. Let sit for five minutes or until the cheese melts. Serve with sour cream on the side.