



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Italian Goulash

This dish, a cherished comfort meal from my childhood, always brings back fond memories. **Goulash**, a traditional Hungarian dish, was given an Italian twist by my grandmother, making it uniquely ours.



PREP TIME: 10 MINUTES | COOK TIME: 45 MINUTES

INGREDIENTS

- 2 oz of olive oil
- ½ lb. of ground beef
- ½ lb. of ground pork
- ½ lb. of Italian sweet sausage (casing removed)
- One medium-sized onion (diced)
- One red pepper (diced)
- Four cloves of garlic (minced)
- One 28-oz can of plum tomatoes (hand crushed)
- One 28-oz can of crushed tomatoes
- 3 oz. of beef broth
- ¼ cup of grated parmesan cheese
- 1 lb. of short pasta (elbows, ditalini, or pipette). I always like to use the pipette.
- One tablespoon of dried oregano
- One tablespoon of dried parsley
- One teaspoon of granulated garlic



INSTRUCTIONS

1. Heat the olive oil in a medium pot on medium-high heat. Add the peppers and onions, and fry until the onions are translucent for about 8 minutes.
2. Add the beef, pork, sausage, and minced garlic. Fry until brown, about 15 minutes. If necessary, drain off any excess fat. If you use 93% beef, you may be able to skip that step.
3. Add the crushed tomatoes, plum tomatoes, and beef broth. Add the parsley, oregano, and granulated garlic. Reduce the heat slightly and let it simmer for about 30 minutes, stirring occasionally.
4. In a separate pot, bring water to a boil and add the pasta. Cook it until it is al dente. Drain and set aside.
5. Add the pasta and the parmesan cheese to the beef and sauce mixture and thoroughly mix all ingredients.

Serve hot with a nice piece of Italian bread.

Look for more recipes



in the next edition of the SIAMO QUI