

Chris's Goulash

2 TBSP. OLIVE OIL
2 MEDIUM YELLOW ONIONS (CHOPPED)
2 LARGE CLOVES GARLIC (MINCED)
1 LB GROUND BEEF
1/4 TSP. SALT
1/4 TSP. GROUND BLACK PEPPER
3 TBSP. TOMATO PASTE
1 1/4 CUPS LOW-SODIUM BEEF BROTH
1-15-OZ. CAN TOMATO SAUCE
1-15-OZ. CAN DICED TOMATOES
1 1/2 TSP. ITALIAN SEASONING
1 1/2 TSP. PAPRIKA
1 1/2 CUPS ELBOW MACARONI (UNCOOKED)
1 1/2 CUPS SHREDDED CHEDDAR

In a large skillet over medium heat, heat oil. Add onion and cook until soft, about 5 minutes. Add garlic and cook until fragrant, about 1 minute more.

Add ground beef and cook until no longer pink, about 6 minutes. Drain fat and return to pan. Season with salt and pepper.

Add tomato paste and stir to coat, then pour in broth, tomato sauce, and diced tomatoes. Season with Italian seasoning and paprika and stir in macaroni. Bring to a simmer and cook, stirring occasionally, until pasta is tender, about 15 minutes.

Stir in cheese and remove from heat.