

# CAST IRON DUTCH OVEN GOULASH

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## Ingredients:

- 20 Ounces Macaroni Noodles
- 2 Lbs ground meat
- 2 Quarts Tomato Sauce
- 2 Garlic cloves minced
- 1 Green pepper diced
- 1 Onion diced
- 2 Teaspoons Italian Seasoning
- 1 Teaspoon salt
- ½ Teaspoon Pepper
- 1 Cup Cheese



## Directions:

1. Cook noodles according to directions
2. In your dutch oven add In your ground meat to brown
3. After your meat has browned about half way through add in your diced pepper, onion & garlic
4. Preheat your oven to 350 Degrees F
5. Next add in your Italian seasoning, salt & pepper until fully cooked- turn off burner
6. Pour in your tomato sauce (or marinara/spaghetti sauce) and stir
7. Add in your noodles and toss to completely coat, sprinkle cheese on top and cover with a lid
8. Place in your preheated oven and bake for 30 minutes or until nice and bubbly
9. Remove the lid and broil for 4-5 minutes to slightly brown the cheese on top

