

Goulash



1 pound ground beef
1 onion diced or small slices
1 tablespoon garlic minced
2 (14.5-ounce) cans tomatoes diced
2 (16-ounce) cans light red kidney beans

1 tablespoon Italian seasoning
1/8 teaspoon red pepper flakes
1/8 teaspoon black pepper
1/2 teaspoon Tabasco Hot Sauce
3 cups uncooked bow tie pasta {or your choice}

In a large pot over medium heat, sautee ground meat, onions and garlic until ground meat is browned with no pink. Drain excess fat.

Stir in tomatoes, kidney beans and all seasonings. Cook for 2 hours. After the first 10 minutes, reduce heat to medium-low.

Cook pasta. Serve over pasta. Best with crackers or fresh bread on the side.

<http://davetdesigns.blogspot.com/2014/11/goulash-perfect-cold-weather-recipe.html>