

AMERICAN CHOP SUEY

Ingredients:

- 1-pound ground beef
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon Italian Seasoning (if desired)
- 1 teaspoon garlic powder (if desired)
- 1/2 teaspoon ground black pepper
- Kosher salt
- 3 tablespoons butter or use the grease from the ground beef
- 1 medium yellow onion, chopped
- 1 green bell pepper, stemmed, seeded, and chopped
- 2 garlic cloves, minced
- 1 (14.5-ounce) can diced tomatoes
- 1 (14.5-ounce) can tomato sauce
- 1/4 cup tomato paste
- 2/3 cup tomato juice or water if needed
- Pinch of sugar or approximately 1/4 cup red wine (see below)
- 1-pound elbow macaroni or other pasta of choice



Optional:

- 1/4c Dry red wine (may use in place of sugar)

Topping:

- Cheese of choice parmesan, mozzarella or other

Directions

1. In a frying pan on medium-high heat cook the ground beef breaking into chunks of meat. Season with spices. Cook until no longer pink. Turn stovetop off.
2. Place the meat into a large stock pot using a slotted spoon to remove the grease.

3. Save a little bit of the beef grease in the frying pan. Heat the pan to medium-high, Add the chopped onions and peppers. Season if desired. Cook on medium-high heat approximately 3- 5 minutes until soft, add the garlic cook about another minute. Turn stove top off.
4. Add the vegetable mixture to the ground beef. Turn the burner on medium. Add canned tomatoes with their juices, tomato sauce, tomato paste. Add sugar or wine to taste. Simmer gently while you prepare the pasta.
5. Bring a large pot of salted water to the boil over high heat. Add pasta and cook following package directions, stirring occasionally.
6. Drain the pasta
7. Add to the chop suey.
8. Add topping of cheese if desired and enjoy!

Note: *This can be baked in the oven as a casserole. Cook pasta until al dente to keep shape and texture when baking.*