



ONE SKILLET CHOP SUEY

August 29

National Chop Suey Day




INGREDIENTS

- 1 Tablespoon Olive Oil
- 1 Pound Ground Beef
- 1 Cup Diced Onion
- 1 Medium Green Bell Pepper (seeded and diced)
- 2 Large Cloves Garlic (minced)
- 2 Cups Beef Broth
- 1 Cup Water
- 3 Ounce Uncooked Elbow Macaroni (enriched or whole grain rich)
- 1 – 14.5 Ounce Can Petite Diced Tomatoes (not drained)
- 6 Ounces Tomato Paste
- 2 Teaspoons Italian Seasoning
- 1 Teaspoon Brown Sugar
- 1 Teaspoon Worcestershire Sauce

DIRECTIONS

1. Heat olive oil in a large skillet or Dutch oven over medium-high heat. When the oil shimmers, add the ground beef, onion, and bell pepper. Break up the meat with a wooden spoon, and cook until the meat is no longer pink, about 7 minutes. Add the garlic and cook for 1 more minute. Drain off the excess fat.
2. Add the remaining ingredients to the skillet.
3. Stir to combine; bring to a boil. Once the mixture boils, reduce the heat to a simmer. Cook, uncovered, for about 12-15 minutes, or until the noodles are tender and the sauce thickens.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1 Cup	1¼ Cups	2 Cups