



## AMERICAN CHOP SUEY

August 29

National Chop Suey Day




### INGREDIENTS

- 1 Pound Ground Beef (20% or leaner)
- 1 Cup Chopped Onion
- 1 Cup Chopped Green Bell Pepper
- 2 Cloves Garlic (minced)
- 15 Ounce Can Tomato Sauce
- (2) 14½ Ounce Cans Diced Tomatoes (with juices)
- 1½ Cups Elbow Macaroni (enriched or whole-grain rich)
- 2 Cups Beef Broth or Water
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Dried Oregano
- 1 Teaspoon Salt
- ½ Teaspoon Black Pepper
- 1 Cup Grated Parmesan Cheese

### DIRECTIONS

1. In a large pot, boil water and cook the elbow macaroni according to package instructions. Once cooked, drain and set aside.
2. In a large skillet, brown the ground beef over medium heat until no longer pink. Drain excess fat if necessary.
3. Add the chopped onions and bell peppers to the skillet. Cook until the vegetables are tender, approximately 5-7 minutes. Add the minced garlic and sauté for an additional minute until fragrant.
4. Stir in the tomato sauce, diced tomatoes (with juices), Worcestershire sauce, oregano, salt, and pepper.
5. Pour in the beef broth or water and stir well to combine.
6. Gently fold the cooked macaroni into the skillet and mix until completely coated with the sauce.
7. Allow the mixture to simmer on low heat for about 10-15 minutes, stirring occasionally until heated through. Season with additional salt, or pepper if desired and add parmesan cheese.
8. Remove from heat and let it settle for a couple of minutes before serving.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

### MEAL TYPE

 Lunch/Supper

### YIELD

12 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	1 Cup	1 Cup	2 Cups