

# Goulash

By [Lidey Heuck](#)



Christopher Testani for The New York Times. Food Stylist: Simon Andrews.

**Time** 50 minutes

**Rating** 4 ★★★★★ (870)

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Hungarian goulash, a stew of paprika-spiced braised meat and vegetables, likely arrived in the United States with a wave of immigrants in the late 1800s. The dish began a game of telephone, slowly evolving into something new entirely. While American-style goulash may not bear much resemblance to its Hungarian namesake, the hearty one-pot dish has endured as an easy and comforting family weeknight dinner. Made with ground beef, bell peppers, diced tomatoes and macaroni, it falls somewhere between a beef chili and a meaty pasta. A sprinkle of Cheddar, stirred in just before serving, thickens the sauce and adds richness. Serve the goulash on its own or with a green vegetable and cornbread on the side.

## INGREDIENTS

**Yield:** 4 to 6 servings

2 tablespoons olive oil

## PREPARATION

### Step 1

In a large pot or Dutch oven, heat the olive oil over medium heat. Add the bell pepper and onion and cook, stirring occasionally, until the onion is translucent, 4 to 6 minutes.

1 green or red bell pepper, cut into ½-inch pieces

~~1 large yellow onion, chopped~~

2 tablespoons minced garlic (about 5 cloves)

2 teaspoons fresh thyme leaves, or 1 teaspoon dried thyme

1½ teaspoons sweet paprika

1½ teaspoons dried oregano

1 teaspoon kosher salt (such as Diamond Crystal)

Black pepper

1 pound ground beef (at least 85-percent lean)

1 tablespoon tomato paste

3 cups low-sodium beef broth, plus more as needed

1 (14-ounce) can crushed tomatoes

1 (14-ounce) can diced tomatoes

2 tablespoons Worcestershire sauce

1¼ cups uncooked macaroni

1 cup (4 ounces) shredded sharp Cheddar

Chopped fresh parsley, for serving

Add the garlic, thyme, paprika, oregano, salt and pepper and cook for 30 seconds, until the garlic is fragrant.

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### Step 2

Add the ground beef and cook, stirring often and breaking up the meat with a spoon, until no longer pink, 3 to 5 minutes. Add the tomato paste and cook for 1 minute.

### Step 3

Pour in the broth, crushed and diced tomatoes and Worcestershire sauce; bring to a boil. Stir in the macaroni, reduce the heat to medium-low and cook, stirring occasionally and scraping the bottom of the pot, until the pasta is cooked and the liquid in the pan has thickened considerably, 18 to 20 minutes.

### Step 4

Remove from the heat and stir in the Cheddar. Taste for seasonings and add salt and pepper, if needed. Serve in bowls, topped with fresh parsley. (The goulash will continue to thicken as it sits. If desired, add a splash of beef broth when reheating.)

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