

AMERICAN CHOP SUEY

Ingredients

- 3 tablespoons of olive oil
- 1 large sweet onion, diced
- 1 green and 1 red bell peppers, diced
- 1 Jalapeño finely diced
- 2 celery stalks, diced
- 4 garlic cloves minced
- 2 pounds ground beef at least 85% lean
- 2 teaspoons dried oregano
- 1 teaspoon granulated garlic
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon ground black pepper
- Kosher salt to taste
- ¼ cup tomato paste
- 2 tablespoons Worcestershire
- ½ cup red wine
- 1 cup of water
- 2 bay leaves
- 1 (28-ounce) can ground peeled tomatoes
- 1 (14-ish-ounce) can tomato puree
- 1-pound pasta (mini shells)
- Grated parmesan cheese for serving
- Chopped parsley (optional)



Instructions

MAKE THE SAUCE:

1. Heat the oil in a large pot over medium heat. Add the onion and sauté, until soft - about 5 minutes. Add the peppers and celery and cook for about 2 minutes. Add the garlic and cook until fragrant.
2. Add the ground beef, break it up with a spoon. Cook until the meat is just browned. It will continue to cook in the sauce.
3. Sprinkle in all the spices along with 1 teaspoon of kosher salt to start.
4. Stir in the tomato paste and cook until it loses its bright red color. Add in the Worcestershire and wine and stir, scraping up the browned bits on the bottom of the pan. Stir in water and the tomato puree and ground peeled tomatoes.

5. Turn heat to low and let simmer, stirring occasionally, while the pasta cooks.

COOK THE PASTA:

1. Bring a large pot of salted water to a boil over high heat and add 2 tablespoons of kosher salt to the water. Add the macaroni and cook until the recommended time on package for al dente minus 2 minutes. Drain but don't rinse.
2. Remove bay leaves from sauce and discard. Mix in macaroni with the sauce and stir until combined.
3. Serve with some grated Parmesan cheese on top. Garnish with some chopped parsley (optional, but recommended). Enjoy.