



## American Chop Suey

### Ingredients

- 8 oz Elbow Macaroni
- 2 oz Green Bell Pepper
- 2 oz Yellow Onion
- 1 oz Fresh Chopped Garlic
- 3 oz Diced Tomatoes & Tomato Sauce
- 8 oz Ground Beef
- 1 tsp Dried Oregano & Dried Thyme
- 1 oz Worcestershire Sauce
- 1 oz Butter

### At Home Ingredients

- 4 tbl Olive Oil
- To taste Kosher Salt (for chicken & pasta water)
- To taste Fresh Ground Black Pepper (for chicken & pasta water)

### Kitchen Tools Needed

- 12" Sauté pan (nonstick if available)
- Rubber Spatula / Flat Spoon
- Chef's Knife
- Cutting Board
- Paper Towels
- Medium Pot (for boiling pasta)
- Colander
- Medium Pot (for sautéing vegetables)

### **Prepare to Cook**

When you receive your meal prep box, remove all items and organize on the work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

### **Step 1. Boiling Pasta and Cooking Beef**

In a medium pot, bring 1qt of water to boil with 1 tbl. of olive oil, and season the water with salt and pepper. While the water is heating up, turn heat to medium-high for a large sauté pan. When the pan is at temperature, add 1 tbl. of olive oil and add **Beef**. Generously season beef with salt and pepper to your liking. While beef is cooking, use the rubber spatula to break up the meat into smaller pieces. When the water comes to a boil, add the **Macaroni** and stir the pot. Cook on medium-high heat until pasta reaches your preferred doneness (approximately 8 to 10 minutes for al dente.)

### **Step 2. Cutting Vegetables**

While pasta is cooking and beef is simmering, begin to chop your vegetables. Remove the ends of the **Yellow Onion**. Cut the onion in half and remove the outer layer. Following the curvature of the onion, make slices into the onion. When complete, proceed to chop the onion from the top to produce a small dice. When this is complete, measure and place in a container for sautéing later. For the **Green Bell Pepper**, cut in half from stem to bottom. Remove the stem and clean out the seeds. Chop the pepper into ½ " strips and cut the strips into ¼ " dice. Reserve 3 oz of onion and pepper for the dish.

### **Step 3. Finishing Pasta and Simmering all Together**

When pasta has reached its doneness, strain into a colander and make sure it is as dry as possible. In a medium pot, add 3tbl of olive oil. Turn heat to medium-high. When oil has reached proper temperature, sauté peppers and onion until caramelized (approximately 6 to 8 minutes). Once vegetables are caramelized, add **Garlic** and cook for an additional 2 minutes. Add **Worcestershire** to deglaze the pot. Reduce heat to medium and add cooked beef and **Dried Herbs**. Cook for 2 minutes. Add **Butter, Diced Tomatoes** and **Tomato Sauce**. When butter is melted, add cooked macaroni and cook for an additional 2 minutes. Taste and adjust seasoning with salt and pepper. (note: if the tomatoes are too acidic for your liking, you can add a pinch of sugar to the dish to neutralize the acidity.)

### **Step 4. Plating**

When ready and seasoned to your liking, spoon mixture from pot into serving bowls. If you would like, you can garnish with fresh herbs, breadcrumbs or grated/crumbled cheese. However, this Chop Suey can be enjoyed just as is.