



One pot Beef-Chow!

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 1/2 cups of uncooked pasta, your choice. (I used macaroni.)
- 5 Cups of Water.
- Salt and pepper.
- 0.5 - 1 kg of ground beef.
- Celery, chopped into pieces. (or may use peas.)
- Mushrooms, chopped and diced.
- 1 medium onion, diced.
- 3 cloves of garlic, minced.
- 1 green bell pepper, chopped up.
- Some oregano.
- Some basil. (Dried.)
- Red pepper flakes.
- 1 Can of diced tomatoes.
- 2 cups of chicken or vegetable stock.
- 1/2 cup of ketchup.
- 4 tablespoons of vinegar.

Instructions

Good recipe for storing up and freezing! So yummy, so many possibilities, good way to use up your vegetables and save some money.

1. Prepare your pasta al dente with salted water until ready.
2. Drain pasta and set aside in a bowl.
3. Fry up your meat, onion and garlic.

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4. Drain fat, and fry up your mushrooms, pepper and celery until tender.
 5. Add your canned tomatoes and let simmer a bit.
 6. Add some chicken stock and simmer.
 7. Add the dried herbs, pepper flakes, ketchup and vinegar. Simmer.
 8. Stir a bit and serve with salad or bread. :3