



JERNEJ KITCHEN

EASY MACARONI WITH GROUND BEEF

Easy Macaroni with Ground Beef. They remind us of Bolognese sauce, but these are made so much quicker and contain a lot more vegetables. Quick and easy.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	40	MINUTES

EASY MACARONI WITH GROUND BEEF

- 2 tbsp olive oil
- 1 onion, finely diced
- 2 cloves of garlic, finely chopped
- 1 stalk of celery, finely chopped
- 1 carrot, finely chopped
- 350 g ground beef (chuck) (12.4 oz)
- 1 tbsp balsamic vinegar
- 400 g canned whole tomatoes (1 tin can or 14.1 oz or 2 cups)
- 1 bay leaf
- 1 tsp dried oregano
- 240 g macaroni
- 1 tbsp chopped fresh parsley (+ for sprinkling)
- 60 g grated cheese (mixture of Cheddar and Mozzarella) (1/2 cup)

TOOLS AND EQUIPEMENT

- skillet with a lid
- kitchen knife
- cutting board

COOK THE VEGETABLES

Place a skillet over medium-high heat. Add a tablespoon of olive oil, diced onion, chopped garlic, chopped celery and chopped carrot. Stir to combine and cook for about 5 minutes, for the veggies to become soft and the onion translucent. Transfer to a bowl.

GROUND BEEF

Place the skillet back on the high heat. Add a tablespoon of olive oil and ground beef. Cook for about 5 minutes or until the meat is brown and beautifully caramelized, stirring occasionally. Add balsamic vinegar, stir to combine. Return the vegetables to the ground beef, add the canned tomatoes, 1 cup of water, bay leaf, dried oregano, black pepper (to taste) and cover with a lid. Cook for about 20 minutes.

TIP

The balsamic vinegar will add a lovely sweet aroma to the dish.

COOK THE MACARONI

Cook the macaroni according to instructions on the package. When the macaroni are cooked, drain them and reserve 50 ml of cooking water.

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Season the Ground Beef sauce to taste with salt and pepper. Add a tablespoon of chopped parsley and stir to combine. Remove the bay leaf and add the cooked macaroni and reserved water. Stir to combine. Arrange the grated cheese on top, cover with a lid and cook over very low heat for about 2 - 3