



# Crock Pot Goulash



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## Introduction

Crock Pot goulash is a comforting and hearty dish that brings together pasta, ground beef, and a medley of flavors, making it a favorite for family dinners. This slow-cooked version simplifies the process, allowing you to prepare a delicious meal with minimal effort. It's perfect for busy days, offering warmth and satisfaction in every bite.

## Detailed Ingredients with measures

Ground beef - 1 pound  
Onion - 1 medium, diced  
Garlic - 2 cloves, minced  
Bell pepper - 1, diced  
Diced tomatoes - 1 can (14.5 ounces)  
Tomato sauce - 1 can (15 ounces)  
Beef broth - 1 cup  
Elbow macaroni - 2 cups  
Italian seasoning - 2 teaspoons  
Salt - 1 teaspoon  
Pepper - 1/2 teaspoon  
Cheddar cheese - 1 cup, shredded (optional)

## Prep Time

15 minutes

## **Cook Time, Total Time, Yield**

Cook Time: 4 hours on high or 8 hours on low

Total Time: 4 hours 15 minutes (on high) or 8 hours 15 minutes (on low)

Yield: 6 servings



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## Detailed Directions and Instructions

### Step 1: Brown the Beef

In a large skillet, brown the ground beef over medium heat until it is fully cooked. Drain any excess grease.

### Step 2: Sauté Onions and Garlic

Add diced onions and minced garlic to the skillet with the beef, and sauté until the onions are translucent.

### Step 3: Transfer to Slow Cooker

Transfer the cooked beef, onions, and garlic mixture to a crockpot.

### Step 4: Add Remaining Ingredients

Add the diced tomatoes, tomato sauce, beef broth, Worcestershire sauce, macaroni, and seasonings into the crockpot with the beef mixture. Stir to combine.

### Step 5: Cook on Low

Cover and cook on low for 6-8 hours or on high for 3-4 hours. Stir occasionally if possible.

See also [Raspberry Chocolate Chip Banana Bread](#)

### Step 6: Check for Doneness

Check that the macaroni is tender and the flavors have melded together before serving.

**Step 7: Serve**

Once cooked, serve the goulash hot. Optional toppings include shredded cheese or fresh herbs.

## Notes

**Note 1: Meat Options**

You can substitute ground beef with ground turkey or chicken for a lighter option.

**Note 2: Pasta Choice**

Feel free to use different types of pasta, but adjust cooking times accordingly based on the pasta shape used.

**Note 3: Storage**

Leftover goulash can be stored in an airtight container in the refrigerator for up to 3 days.

**Note 4: Freezing**

Goulash can be frozen for up to 3 months. Reheat in the microwave or on the stove with a splash of broth to loosen it up.

**Note 5: Spiciness Level**

Adjust the seasoning based on your preferred spice level by adding red pepper flakes or using spicy sausage.





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## Cook techniques

### **Slow Cooking**

Using a slow cooker allows the flavors to meld beautifully over time, resulting in a hearty and comforting dish.

### **Layering Ingredients**

When preparing goulash, it's important to layer the ingredients in a way that ensures even cooking and flavor distribution.

### **Utilizing Ground Beef**

Ground beef is a quick and convenient protein choice that cooks evenly and absorbs the flavors of the sauce well.

### **Cooking Pasta Separately**

For the best texture, cook the pasta separately and combine it with the goulash before serving, preventing it from becoming overly soft in the slow cooker.

### **Using Seasonings Wisely**

Balance the flavors by using a combination of seasonings that complements the hearty nature of goulash, such as garlic powder, onion powder, and Italian seasoning.

See also [Delicious Red Lentil Soup Recipe](#)

### **Tasting Before Serving**

Always taste the dish before serving to adjust the seasoning if

necessary, ensuring the final flavor is to your liking.

## FAQ

### **Can I use a different type of meat?**

Yes, you can substitute ground turkey or sausage for the ground beef if desired.

### **Can I make goulash ahead of time?**

Absolutely! Goulash can be made ahead of time and stored in the refrigerator for up to three days.

### **Is it possible to freeze goulash?**

Yes, goulash freezes well. Store it in an airtight container for up to three months.

### **What can I serve with goulash?**

Goulash pairs well with garlic bread, salad, or steamed vegetables for a complete meal.

### **Can I add additional vegetables?**

Yes, feel free to add vegetables like bell peppers, zucchini, or carrots for extra nutrition and flavor.



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## Conclusion

Crock Pot Goulash is a delicious and hearty dish that brings comfort to any meal. Its blend of pasta, ground meat, and savory sauce offers a satisfying experience that can easily be enjoyed by the entire family. This simple recipe is perfect for busy days, allowing you to set it and forget it while it cooks to perfection.

## More recipes suggestions and combination

### **Vegetarian Pasta Primavera**

A light and colorful dish featuring seasonal vegetables tossed with pasta and a zesty olive oil sauce.

### **Beef Stroganoff**

A creamy and rich dish made with tender beef, mushrooms, and served over egg noodles for a satisfying meal.

### **Buffalo Chicken Chili**

A spicy and flavorful chili that combines shredded chicken with buffalo sauce, beans, and a medley of vegetables.

### **cheesy Potato Casserole**

A comforting casserole made with layers of potatoes, cheese, and creamy sauce that is perfect for potlucks and gatherings.

See also [Cauliflower Fried Rice Recipe You'll Love](#)

### **Spaghetti and Meatballs**

A classic Italian dish with flavorful meatballs served in marinara sauce over spaghetti, perfect for a family dinner.



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