

Homemade Hamburger Helper



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Recipe by: Laura Vitale

Serves 4 to 6

Prep Time: 10 minutes

Cook Time: 40 minutes

Ingredients

- 1 lb of Ground Beef
- 1 Small Yellow Onion, minced
- 3 Cloves of Garlic, minced
- 1 Tbsp of Olive Oil
- 2 Tbsp of Flour
- 1/2 cup of Tomato Sauce
- 5 cups of Beef Stock
- 1 cup of Milk
- 1lb of Elbow or Shells pasta
- 8oz of Sharp Cheddar, grated
- 1 tsp of Italian seasoning
- 1 tsp of Granulated garlic
- 1 tsp of Granulated Onion
- 1 tsp of Paprika
- 1 tsp of Chili Powder
- Pinch of Cayenne Pepper, optional
- Salt and Pepper to taste

1) In a Dutch oven add the oil, preheat over medium heat, then add the beef, break it up as much as you can with a wooden spoon, cook until about 80% cooked through, if it releases too much fat, discard most leaving behind under 2 tbsp.

2) Add the onions and garlic, season with a touch of salt and pepper, sauté for about 5 minutes then add the flour and stir it in for a full minute.

3) Add the stock, milk, tomato sauce and seasonings, bring to a boil, simmer for 5 minutes then add the pasta, cook until al dente, adjust the seasoning to taste then stir in the cheese and dig right in!

