

Recipe for “American Chop Suey”

This casual dish is great-tasting and satisfying (*especially with our secret ingredient*). American Chop Suey is easily re-heated, and can be eaten hot or cold (after it is cooked).

Ingredients:

1 pound ground beef (lean/low-fat works, too)	1 6-ounce can tomato paste
1 large green pepper (insides removed, chopped small)	1 12- or 15-ounce* can tomato sauce (*Use 15 ounces if you will reheat several times)
1 onion (chopped small)	1 10.5-ounce can tomato soup (<i>This is our family's secret ingredient!</i>)
1 pound macaroni	1 28-ounce can whole peeled tomatoes (chopped into bite-size pieces)
Pepper or black pepper (as you like)	2-3 tablespoons oil (corn oil, canola oil, or any oil with no strong flavor)
Salt (as you like)	

Supplies:

1 large steel kettle (about 8 quarts)	1 large spoon
2 large frying pans (or use same one twice)	1 cutting board
1 strainer or colander	1 serrated knife

Put stove-top burner on medium heat (about #4 on an electric stove). Put oil in the large frying pan and spread to cover the bottom. Add chopped pepper. (Make sure to stir the peppers often, and don't let them burn!) When peppers start getting soft, add chopped onion. Continue until onions and peppers are a little brown. Remove from the stove.

In a separate frying pan, cook the ground beef on medium heat (about #5) until it is brown, stirring occasionally. Boil the macaroni in the large kettle. Remove the beef from the stove when done. When the macaroni is soft, strain it. Remove water from the kettle.

Heat the oven to 300 degrees. Mix everything you cooked, the tomato items, and any salt and pepper in the large kettle. (Use the juice from the whole tomatoes, too!) Cook in the oven for 2 hours**. Stir once or twice during cooking.

Enjoy right away! You can also reheat this easily in the oven or on a plate in the microwave. You can eat it cold, too. (This is great cold in the summer!)

NOTES:

** 12 ounces of tomato sauce is good. However, if you will reheat the American Chop Suey more than once, 15 ounces is better, because it gets drier every time.*

*** Gas stoves cook faster than electric stoves (but boiling water takes longer).*