

## Crock pot goulash with spinach

### Ingredients

- 2 lbs. frozen pre-cooked ground beef (here is how I freeze ground beef)
- 1 onion, diced
- 1 tsp. minced garlic
- 24 oz. jar spaghetti sauce (I use Ragu green pepper and mushroom)
- 15 oz. can stewed tomatoes (I use Del Monte)
- 1 tsp. oregano
- 8-10 fresh basil leaves, chopped
- 1 tsp. Italian seasoning
- 2 tbsp. Worcestershire sauce (I use Lea & Perrin's)
- 2 tsp. instant beef bouillon
- 1 tbsp. sugar
- salt and pepper to taste
- bag fresh baby spinach
- 1 lb. pasta such as elbow, penne, or rigatoni
- 1/2 c. Parmesan cheese
- 2 c. shredded mozzarella cheese



### Directions

1. Thaw the ground beef in the microwave for 4 minutes.
2. Over medium high heat, add the ground beef, onions and garlic. Saute until onions are translucent, about 2 minutes.
3. Spray crock pot with Pam. Add beef, onion, and garlic mixture into the crock pot.
4. Next, dump in the following ingredients: jar of spaghetti sauce, can of stewed tomatoes, chopped basil, oregano, Italian seasoning, Worcestershire sauce, beef bouillon, sugar and salt and pepper.
5. Stir all of the ingredients together and cook on low for 7-8 hours.
6. Half hour before cooking time is done:
7. Cook the pasta according to package instructions. (The rigatoni was 10 minutes)
8. While the pasta is cooking, turn the crock pot heat from low to high.
9. Stir the bag of spinach into the meat sauce. It will look like WAY too much, but it will cook down quickly.
10. When the pasta is cooked and drained, add it, along with the mozzarella and Parmesan cheese to the meat sauce and stir to combine.
11. Cook everything together on high for 30 minutes.

