

# Goulash

## Ingredients

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1 lb Elbow Macaroni	1 1/2 lb Ground Beef
28 oz Crushed Tomatoes	1 Onion (chopped)
6 clv Garlic (minced)	1 T Olive Oil
2 c Chicken Broth	2 c Water
3 T Tomato Paste	1 Green Bell Pepper (diced)
1 1/2 t Dried Basil	1 1/2 t Dried Oregano
2 T Soy Sauce	1 T Fish Sauce
1 T Worcestershire Sauce	1/4 c Parsley (chopped)
0 ds Salt	0 ds Ground Black Pepper

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## Instructions

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1. Press "Saute" button and "More" function to heat up Instant Pot. Wait until the indicator says "HOT" about 8 minutes.
2. Add olive oil in Instant Pot, and make sure the oil is coated over the whole bottom of the pot. Add in ground beef, season generously with salt and ground black pepper. After 5 minutes of browning, remove and reserve the ground beef juice.
3. Continue to brown the ground beef, and stir occasionally until they are slightly crisped and browned about 5-7 minutes. Taste and adjust the seasoning with more salt and ground black pepper.
4. Add onions and green pepper in Instant Pot, then saute for 3 minutes. Add in basil, oregano, garlic, and tomato paste, then saute for another minute. Pour ½ cup chicken broth in Instant Pot, then deglaze by scrubbing all the flavorful brown bits off the bottom of the pot.
5. Add in fish sauce, soy sauce, Worcestershire sauce, and the previously reserved beef juice. Give it a quick mix. Add elbow macaroni, 1½ cup chicken broth and 2 cups water. Make sure all the pasta are fully submerged in the liquid. Pour in crushed tomatoes on top. Do not mix!

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6. Close the lid, then turn Venting Knob to Sealing Position. Pressure cook at High Pressure for 4 minutes. When the floating valve drops, turn the Venting Knob to the Venting position. Open the lid carefully.

7. It will look a bit too saucy at first, that's normal! Once you start stirring, it'll all come together nicely. Taste and season with more salt if necessary. Top with chopped parsley and serve immediately.