

# Beefaroni

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-beefaroni-recipe>

## Ingredients:

- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon granulated onion
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon white pepper
- olive oil
- 1 medium onion finely diced
- 1 pound lean ground beef 85/15
- salt
- black pepper
- 4 cloves garlic pressed through garlic press
- 3 tablespoons tomato paste
- 30 ounces tomato sauce
- 14 1/2 ounces diced tomatoes drained of juice
- 10 ounces elbow macaroni uncooked
- 1 teaspoon chopped parsley plus extra leaves as garnish
- 1/2 cup jack cheese grated
- 1/2 cup grated sharp cheddar cheese

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 70 milligrams
4. Fat: 18 grams
5. Fiber: 8 grams
6. Protein: 31 grams
7. SaturatedFat: 7 grams
8. Sodium: 940 milligrams
9. Sugar: 18 grams

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