

# American Chop Suey

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-chop-suey-recipe>

## Ingredients:

- 1 1/2 pounds ground beef 85% lean
- 2 teaspoons Italian seasoning
- 2 teaspoons seasoned salt
- 1/2 teaspoon garlic powder
- 3 tablespoons tomato paste
- 1 cup diced onion
- 1 cup green pepper diced
- 1 stick celery diced
- 4 cloves garlic minced
- 3 tablespoons Worcestershire sauce
- 14 1/2 ounces diced tomatoes undrained
- 16 ounces tomato sauce
- 2 1/2 cups chicken broth or beef broth
- 2 cups elbow macaroni
- 1 cup shredded cheddar cheese optional
- 1 1/2 pounds ground beef 85% lean
- 1 + 1/2 lbs. ground beef, 85% lean
- 2 teaspoons Italian seasoning
- 2 teaspoons Italian seasoning
- 2 teaspoons seasoned salt
- 2 teaspoons seasoned salt
- 1 teaspoon garlic powder
- 1/2 teaspoon garlic powder
- 3 tablespoons tomato paste
- 3 Tablespoons tomato paste
- 1 cup diced onion
- 1 cup diced onion
- 1 cup green pepper diced, 1 cup diced green pepper
- 1 stick celery diced
- 1 stick celery, diced
- 4 cloves garlic minced
- 4 cloves garlic, minced
- 3 tablespoons Worcestershire sauce
- 3 Tablespoons Worcestershire sauce
- 14 1/2 ounces diced tomatoes undrained
- 14.5 oz. diced tomatoes, undrained
- 16 ounces tomato sauce
- 16 oz. tomato sauce
- 1 cup chicken broth or beef broth
- 2 1/2 cups chicken broth, or beef broth
- 2 cups elbow macaroni
- 2 cups elbow macaroni
- 1 cup shredded cheddar cheese optional
- 1 cup shredded cheddar cheese, optional

## **Nutrition:**

1. Calories: 1730 calories
2. Carbohydrate: 148 grams
3. Cholesterol: 295 milligrams
4. Fat: 81 grams
5. Fiber: 17 grams
6. Protein: 107 grams
7. SaturatedFat: 35 grams
8. Sodium: 2040 milligrams
9. Sugar: 41 grams
10. TransFat: 3.5 grams

---

Thank you for visiting our website. Hope you enjoy American Chop Suey above. You can see more 20 polish chop suey recipe You must try them! to get more great cooking ideas.