Grass-Fed American Chop Suey
with Corkscrew Pasta

🕐 30-40min   🍴 4 Servings

Nostalgia much? This childhood classic had to come back into our lives eventually, except this time it's with grass-fed ground beef, and super fun corkscrew pasta! Let chopped tomatoes be your best friend in this recipe—a little spice and time to cook down, and you'll trick your friends, family, and maybe even yourself into thinking you've stewed (ha!) over a sauce all day long. We won't tell, …

1. Chop onion

Halve, peel and chop **onion**.

2. Sauté onion

Heat **1 tablespoon oil** in a large skillet over medium. Add **onion** and sauté until golden on the edges, 3–5 minutes.

3. Brown beef

Add **ground beef** and **1 teaspoon salt** to skillet, and cook breaking up into large pieces until browned in spots and cooked through, 5–7 minutes. Spoon off excess fat if necessary.

4. Add chili powder

Stir in **4 teaspoons chili powder** (reserve rest for your own use) and cook until fragrant, about 1 minute.

5. Finish pasta

Stir in **tomatoes**, **5 cups water**, **pasta**, **1 teaspoon salt** and **a few grinds pepper**, and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until **pasta** is cooked through and sauce has thickened, 15–18 minutes. Season to taste with **salt** and **pepper**. Divide **pasta** among bowls. Enjoy!

6. Hack

Extra credit!
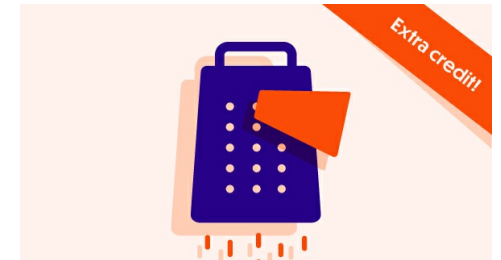
Voracious eaters are going to love the shear volume of food in this meal. But if you want to stretch it even further (for leftovers or a +1 coming for dinner), add a drained can of pinto or black beans at the end of step 5. A chopped pepper—bell or poblano—would be yummy sautéed with the onion in step 1 as well.