

# Spicy Beef and Macaroni

## Ingredients:

*1 lb ground beef*  
*1 medium onion, diced*  
*1 green pepper, diced*  
*2 c water*  
*2 c gluten-free elbow macaroni*  
*1 c gluten-free barbeque sauce*  
*1/4 c grated Parmesan cheese (optional)*



## Directions:

In a deep skillet, cook the meat until browned. After the meat is browned drain off the grease using a small holed strainer and set the meat aside in a bowl. Into the same skillet in which the meat was cooked add the diced onion and green pepper; cook until tender. Add back the meat to the onion and green pepper and stir in water, macaroni and barbeque sauce. Cover and simmer over medium-high heat until macaroni is tender, 6 to 8 minutes. If desired, stir in or top with cheese.