



Beefyroni

Adapted from [Ezra Pound Cake](#)

Note: This is all about comfort. I'm not suggesting that you should feed your feelings. But there is something reassuring about ground beef, macaroni, and cheese. Maybe it's the simplicity of the dish. Or maybe it's just a trifecta of perfection. Mine is not to reason why...yours shouldn't be either...just enjoy.

- 1 pound ground beef
- 1 medium onion, chopped
- 2 1/2 cups beef broth
- 2 teaspoons yellow mustard
- 3/4 cup ketchup
- 1/2 teaspoon salt
- 1 1/2 cups elbow macaroni
- 1 cup (4 ounces) Cheddar cheese, grated

Brown the beef and onion in a large skillet on medium high heat, breaking the beef apart with your spoon or spatula as it browns.

While the beef and onion cooks, combine the beef broth, mustard, ketchup, and salt in a bowl.

Once the beef is no longer pink, drain off most of the grease (remember, there's a lot of flavor in those drippings). Add the broth mixture to your pan with the beef and bring to a boil. Add the macaroni, give it a stir, and then cover the pan. Reduce the heat to medium and cook for approximately 10 to 12 minutes until the macaroni is tender.

Add the cheese, stir to combine, and dig in to a heaping bowl of comfort.

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