

AMERICAN GOULASH

An easy, old-fashioned comfort meal that is perfect for the cold winter months. Everything cooks in the same pot, even the pasta!

Ingredients

- 1 tablespoon **olive oil**
- 1.5 cups chopped **onion**
- 1-pound lean **ground beef**
- 2 large cloves **garlic**, minced
- 2 teaspoons **paprika**
- 1 tablespoon **Italian seasoning**
- 1teaspoon **salt**
- 1/4 teaspoon **pepper**
- 14-ounce canned diced **tomatoes**, low sodium if possible
- 15-ounce, can **tomato sauce**, no salt added
- 1 cup low sodium **beef broth**
- 1.25 cups **whole wheat elbow macaroni**



Instructions

1. Heat oil in a large saucepan over medium-high heat.
2. Add onion and beef; cook, breaking up meat with a wooden spoon until no longer pink, about 5 minutes.
3. Add garlic, paprika, Italian seasoning, salt, and pepper; cook, stirring, for 1 minute.
4. Stir in tomatoes with their juices, tomato sauce, and broth. Bring to a boil.
5. Reduce heat to medium-low, cover and cook for 5 minutes.
6. Add macaroni and cook, uncovered, stirring occasionally, until tender, 6 to 9 minutes.
7. Remove from heat and let stand for 5 minutes before serving.
8. Sprinkle with Parmesan, if desired

Recipe featured in the October 2020 issue of Beyond Hunger's Nutrition Newsletter



Nutrition Facts			
Serves 4			
Amount Per Serving			
Calories			441
		% Daily Value*	
Total Fat 9.1g			12%
Saturated Fat 2.6g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 4.1g			0%
Cholesterol 67.8mg			23%
Sodium 854.7mg			37%
Total Carbohydrate 59.8g			22%
Dietary Fiber 11g			39%
Sugars 17.6g			
Protein 36.5g			73%
Vitamin A	17%	Vitamin C	39%
Calcium	8%	Iron	55%
Vitamin D	1%	Zinc	75%