



## Goulash

### Ingredients

1 pound lean ground beef  
1 onion, chopped  
1 green pepper, chopped  
2 cloves garlic, chopped  
1 (16-ounce) can tomato sauce  
2 Tablespoons dried parsley  
2 cups cooked macaroni  
salt and pepper to taste  
1/3 cup part skim mozzarella cheese, shredded

Makes 8 servings

### Instructions

1. Brown ground beef, onion and pepper in a large skillet.
2. Add garlic, tomato sauce, parsley, macaroni, salt and pepper. Mix well, and heat together in skillet. (Add a little water if necessary.)
3. Sprinkle cheese on top and cover pan until cheese is melted.

### Note:

- If using a higher fat % of ground beef, be sure to drain grease in step #1.

### Nutrition Facts

Serving Size 1 cup	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories 190</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 16g</b>	
Vitamin A 8%	• Vitamin C 35%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

33% calories from fat

**Source:** Adapted from: Cornell Cooperative Extension of Fulton & Montgomery Counties.

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