EASY MACARONI GOULASH

SERVES 6

Preparation time: 30 minutes
Cook time: 15-20 minutes

INGREDIENTS

1 pound ground beef
1 medium onion, sliced
½ cup green pepper, chopped (optional)
1 15-ounce can tomato sauce
1 28-ounce can stewed tomatoes
2 cups whole grain wheat or regular elbow macaroni
2 tablespoons sugar
1 teaspoon salt
1 tablespoon paprika

DIRECTIONS

1. In large fry pan or Dutch oven, brown ground beef. Drain excess fat and rinse meat under hot water.
2. Add onion and green pepper. Continue to fry until tender.
3. Add remaining ingredients. Cover, reduce heat and simmer 15-20 minutes, until macaroni is tender.

SIMPLY GOOD EATING

TIPS & VARIATIONS

• USE LEAN GROUND TURKEY in place of ground beef.
• BLEND THE TOMATOES for a smoother sauce.