

Easy macaroni goulash



Recipe credit

University of Minnesota Extension Center for Family Development staff

About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

10 minutes preparation; 35 minutes cook time

Special criteria

[Whole grains recipes](#)

Ingredients

- 1 pound lean ground beef
- 1 medium onion, sliced
- 1/2 cup green pepper, chopped
- 1 15-ounce can tomato sauce, no salt added
- 1 28-ounce can stewed tomatoes
- 2 cups whole grain or regular elbow macaroni
- 1/2 teaspoon salt
- 1 tablespoon paprika

Directions

1. In large frying 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.

Tips and variations

- Use lean ground turkey or chicken in place of ground beef.
- Blend the stewed tomatoes for a smoother sauce.
- Add additional vegetables (chopped kale, broccoli, zucchini, eggplant, carrots, etc.) to increase the nutritional value of this dish.

Nutritional info

Calories

360

Total fat

19 g

Saturated fat

7.3 g
Cholesterol
57 mg
Sodium
288 mg
Total carbohydrates
30 g
Dietary fiber
6 g
Total sugar
11 g
Allergens
Wheat

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