



# CLASSIC AMERICAN GOULASH

<b>MACROS   SERVING SIZE</b> Protein 36g   Fat 10g   Carbs 56g	<b>% CALORIES OF MACROS   SERVING SIZE</b> Calories 442   Protein 31%   Fat 20%   Carbs 48%	<b>NUTRIENTS   SERVING SIZE</b> Fiber 10g   Sodium 586mg   Sat. Fat .4g
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## INGREDIENTS (serves 4)

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| 1 lb. 93% lean ground meat (turkey, pork, or beef) | 1 tsp. garlic powder                   |
| 1 large yellow onion, chopped                      | 2 tsp. paprika                         |
| 18 oz. package elbow macaroni, whole wheat         | 1 tbsp. chili powder (optional)        |
| 2 cups low-sodium beef broth                       | 1/2 tsp. salt                          |
| 114.5 oz. can diced tomatoes, no added salt        | 1/2 tsp. black pepper                  |
| 18 oz. can tomato sauce, no added salt             | 2 medium-sized yellow squashes, sliced |
| 1/2-tbsp. dried oregano, leaves                    |  |

Notes: Nutrition analysis is based on the use of 93% lean ground beef and exclude optional ingredients.

## DIRECTIONS

- In a large sauce pan, cook the meat and onions over high heat for about 8 minutes or until the meat is no longer pink, drain. Be sure to stir frequently to prevent the onions from burning.
- While the meat is cooking, wash and dry the squash. Cut each squash lengthwise and then slice each piece to make 1/4 inch pieces.
- Add the beef broth and bring to a boil. Stir in remaining ingredients and return to a boil. Cover and reduce the heat to medium and simmer for about 10 minutes or until the macaroni is tender. Throughout the cooking, quickly stir every couple of minutes to prevent it sticking to the bottom of the pan.
- Serve immediately by evenly dividing the goulash between four plates.

## DIETITIAN TIP

Double the recipe and freeze 1/2 of the product for a quick meal a couple of weeks later.

**M**any want a home-cooked meal, but the thought of cleaning up the mess from cooking is enough to derail the best intentions. Often, when we see examples of healthy meals, the plate shows food groups individually. For example, there is a nice piece of lean protein, a good portion of colorful vegetables, and a portion of a whole grain. The number of utensils, pots, pans, and cooking skills needed to conform to these examples of healthy meals might seem too burdensome for many people, but that doesn't have to be the case.

The nutritional quality of a meal does not rest on how pretty and neat the plate looks. Special equipment, fancy cutting skills, or time spent preparing the meal are not as important as choosing the items you use. Your body doesn't know if the dish is photo-worthy or messy-looking. Some of the most comforting and flavorful meals may not look extravagant, like the pictures of healthy meals posted on social media and magazines. However, this doesn't mean they are of poorer nutrition quality. The body processes the nutrients in messy-looking meals and photo-worthy dishes the same way!

Combination dishes like casseroles, soups, stews, and stir-fries are some of the quickest and most economical and can be very nutritious. The key is choosing high-nutrient-quality items to make them. Use Choose My Plate to guide you.

Most of these dishes require just one pot and a few utensils. Use items you already have in your pantry, fridge, and freezer. The key is always to have a few cans of low-sodium stewed tomatoes and broths on hand, as these products are the starting point for many dishes. Additional items, such as low-sodium canned vegetables and a variety of whole grain items, such as brown rice and a few varieties of frozen vegetables, should also be kept on hand. These items can be added quickly to any one-pot meal. Use a variety of dried herbs and spices to make meals enjoyable. Also, combination dishes are a great way to use fresh produce or leftovers before they spoil.

This dish is a stick-to-your-ribs but not your-waistline meal. Use the recipe to get you started in goulashes, but the next time, try improvising with a different type of lean meat, whole grain, broth, vegetables, herbs, and spices. Have fun!

