

# One Pot Goulash by Lynn's Recipes

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Lynn demonstrates how to make One Pot Goulash. This can be made with ground beef or ground turkey. A great way to get a meal on the table quickly during a busy week. Add some bread and a green salad or vegetable and it will complete the dinner. This makes 4-5 servings, but can easily be doubled.

## Ingredients:

- 1 pound ground beef or ground turkey
- 1 medium onion, chopped
- ½ green pepper, seeded and chopped
- 4 ounces fresh mushrooms, sliced
- 2 cloves garlic, minced
- 1-1/2 cups water
- 15 ounce can tomato sauce
- 14-1/2 ounce can diced tomatoes, undrained
- 1-1/2 teaspoon Italian seasoning
- ½ teaspoon paprika
- ½ teaspoon sugar
- ½ teaspoon crushed red pepper flakes
- 1 Tablespoon Worcestershire sauce
- Salt and Pepper to taste
- 1-1/4 cups uncooked elbow macaroni
- Grated Parmesan cheese, optional

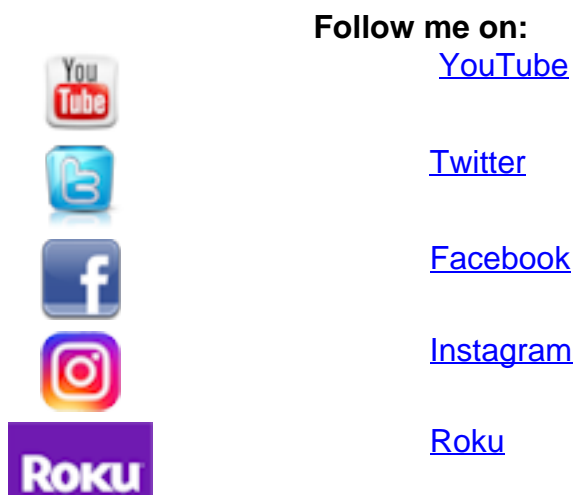
In a 2-1/2 quart pan, brown ground beef or turkey over medium-high heat until no longer pink and broken up. Add onion, green pepper and mushrooms. Cook until tender, about 3-5

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minutes. Drain, if desired or needed. To the beef or turkey, add garlic, water, tomato sauce, tomatoes, Italian seasoning, paprika, sugar, crushed red pepper flakes, Worcestershire sauce, salt and pepper. Bring to a boil, cover and reduce heat to medium-low. Allow to simmer for 15-20 minutes. Add the elbow macaroni and stir well. Return lid and continue to simmer for 15 minutes or until the noodles are done. Allow to sit covered for 5-10 minutes and mix well before serving. Grate some Parmesan cheese on top if desired.

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