

One Pot Goulash by Lynn's Recipes



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

One Pot Goulash by Lynn's Recipes

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.

[Comment or watch this Recipe on You Tube](#)



Follow me on:

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

[Roku](#)

Lynn's Recipes | April 2015
www.lynnrecipes.com

[Click here for a handy Conversion Chart](#)