

Easy Goulash

Alice Warwick

Gourmet Eating in South Carolina - (1985)

2 pounds ground beef
1 can kidney beans
1 onion, chopped
1/2 green pepper, chopped
salt (to taste)
pepper (to taste)
1 can tomato soup
1 soup can water
1 large can spaghetti with meat sauce

In a skillet, brown the meat with the green peppers and onion.

Add the kidney beans, salt, pepper, tomato soup, water and spaghetti.

Simmer for 20 to 30 minutes.

Per Serving (excluding unknown items): 3571 Calories; 245g Fat (61.9% calories from fat); 198g Protein; 140g Carbohydrate; 49g Dietary Fiber; 772mg Cholesterol; 1369mg Sodium. Exchanges: 8 Grain(Starch); 24 1/2 Lean Meat; 2 Vegetable; 36 1/2 Fat.

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Beef

Per Serving Nutritional Analysis

Calories (kcal):	3571	Vitamin B6 (mg):	3.3mg
% Calories from Fat:	61.9%	Vitamin B12 (mcg):	24.1mcg
% Calories from Carbohydrates:	15.8%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	22.3%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	245g	Folacin (mcg):	837mcg
Saturated Fat (g):	98g	Niacin (mg):	46mg
Monounsaturated Fat (g):	106g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	772mg	% Refuse:	0 0%
Carbohydrate (g):	140g		
Dietary Fiber (g):	49g	Food Exchanges	
Protein (g):	198g	Grain (Starch):	8
Sodium (mg):	1369mg	Lean Meat:	24 1/2
		Vegetable:	2

Potassium (mg): 5199mg
Calcium (mg): 380mg
Iron (mg): 33mg
Zinc (mg): 38mg
Vitamin C (mg): 135mg
Vitamin A (i.u.): 1079IU
Vitamin A (r.e.): 107 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 36 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3571 **Calories from Fat:** 2212

% Daily Values*

Total Fat 245g	377%
Saturated Fat 98g	492%
Cholesterol 772mg	257%
Sodium 1369mg	57%
Total Carbohydrates 140g	47%
Dietary Fiber 49g	197%
Protein 198g	
Vitamin A	22%
Vitamin C	225%
Calcium	38%
Iron	184%

* Percent Daily Values are based on a 2000 calorie diet.