

Simple Goulash in a Pot

Paula Macri - Gattuso's Bella Cucina
Scripps's Treasure Coast Newspapers

2 pounds lean ground beef
1 large sweet onion, chopped
1 large green onion, washed, seeded and chopped
8 ounces fresh mushrooms, sliced
4 large cloves garlic, minced
3 cups water
1 can (29 ounce) seasoned tomato sauce
1 can (28 ounce) seasoned diced tomatoes
1 tablespoon Italian seasoning
1 teaspoon paprika
1 teaspoon sugar
1 tablespoon Worcestershire sauce
salt (to taste)
pepper (to taste)
2 1/2 cups small pasta (small bow tie, elbow)

In a large stovetop pan over medium-high heat, add the ground beef and crumble. Cook until it is no longer pink.

Add the onion, green pepper and mushrooms. Cook until the vegetables are tender, about 3 to 5 minutes. Drain the fat from the pan.

Add the garlic, water, tomato sauce, diced tomatoes, Italian seasoning, paprika, sugar, Worcestershire sauce, salt and pepper. Bring everything to a boil. Cover the pot. Reduce the heat to medium-low. Simmer for 15 to 20 minutes.

Add the pasta and stir well into the mixture in the pot. Cover and continue to simmer for 15 to 20 minutes or until the pasta is done. Allow to sit on the stove with the heat off. Keep the pot covered for 5 to 10 minutes.

When ready to serve, mix everything together until all of the flavors are blended and serve.

Per Serving (excluding unknown items): 2560 Calories; 189g Fat (67.7% calories from fat); 168g Protein; 35g Carbohydrate; 6g Dietary Fiber; 681mg Cholesterol; 814mg Sodium. Exchanges: 0 Grain(Starch); 23 1/2 Lean Meat; 5 Vegetable; 23 1/2 Fat; 1/2 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):

2560

Vitamin B6 (mg):

2.7mg

% Calories from Fat:	67.7%
% Calories from Carbohydrates:	5.5%
% Calories from Protein:	26.8%
Total Fat (g):	189g
Saturated Fat (g):	76g
Monounsaturated Fat (g):	82g
Polyunsaturated Fat (g):	8g
Cholesterol (mg):	681mg
Carbohydrate (g):	35g
Dietary Fiber (g):	6g
Protein (g):	168g
Sodium (mg):	814mg
Potassium (mg):	3620mg
Calcium (mg):	173mg
Iron (mg):	21mg
Zinc (mg):	37mg
Vitamin C (mg):	50mg
Vitamin A (i.u.):	1468IU
Vitamin A (r.e.):	150RE

Vitamin B12 (mcg):	21.2mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	3.0mg
Folacin (mcg):	152mcg
Niacin (mg):	51mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	23 1/2
Vegetable:	5
Fruit:	0
Non-Fat Milk:	0
Fat:	23 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Amount Per Serving

Calories 2560 Calories from Fat: 1733

% Daily Values*

Total Fat 189g	291%
Saturated Fat 76g	378%
Cholesterol 681mg	227%
Sodium 814mg	34%
Total Carbohydrates 35g	12%
Dietary Fiber 6g	25%
Protein 168g	
Vitamin A	29%
Vitamin C	83%
Calcium	17%
Iron	116%

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