

`My Goulash`

Sally Malzahn - Sparrowbush, NY
Treasure Classics - National LP Gas Association - 1985

Yield: 8 to 10 servings

1 pound elbow macaroni
1 1/2 pounds ground beef
1 small onion
cooking oil
1 can (16 ounce) tomatoes
1 can (7 ounce) tomato
sauce
salt
pepper

Preparation Time: 10 minutes

Cook Time: 30 minutes

Cook the macaroni according to package directions. Drain and set aside.

In a skillet, brown the ground beef and onion in a small amount of oil.

Add the macaroni, tomatoes, tomato sauce, salt and pepper, to taste.

Simmer for 20 minutes.

Serve with hard rolls and a salad.

Per Serving (excluding unknown items): 3937 Calories; 189g Fat (43.7% calories from fat); 177g Protein; 372g Carbohydrate; 18g Dietary Fiber; 579mg Cholesterol; 1991mg Sodium. Exchanges: 22 Grain(Starch); 16 1/2 Lean Meat; 5 1/2 Vegetable; 27 Fat.