



360-984-6163



Tuesday - Saturday
10:00am to 5:00pm

CAFE HOURS

NOVEMBER'S WELLNESS RECIPE

OLD-FASHIONED GOULASH

Goulash, also known as old-fashioned goulash, is the perfect economical family meal. The pasta cooks right in the sauce, so this satisfying dish can be made in just one pot.

Ingredient Checklist

- 1 tablespoon extra-virgin olive oil
- 1 ½ cups chopped onion
- 1 pound lean ground beef
- 2 large cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- 1 (14 ounce) can no-salt-added diced tomatoes, undrained
- 1 (8 ounce) can no-salt-added tomato sauce
- 1 cup low-sodium beef or chicken broth
- 1 1/4 cups whole-wheat elbow macaroni
- 2 tablespoons grated Parmesan cheese

Directions

Step 1

Heat oil in a large pot over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes.

Step 2

Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute.

Step 3

Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes.

Step 4

Add macaroni and cook, uncovered, stirring occasionally, until tender, 6 to 9 minutes. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan, if desired.

Nutrition Facts (per serving)

418 Calories, 16g Fat, 40g Carbs, 31g Protein

CCAR: JUSTICE SETTING

Sunday - Monday

November 26 - 27

Please email
bgonzales@recoverycafecc.org
with your interest

