
Goulash

Family favorite for a quick meal.

Goulash is used as the name of a number of dishes. In our family it always meant this dish which was especially good on a cold night where you needed something to "stick to the ribs."

Quantity	Ingredients	Preparation Notes
1 lb	Lean ground beef or hamburger	
	Salt & Pepper	• Brown hamburger (the less fat the better) at least 1 pound
	any kind of garlic, chopped, minced or powder	• Salt & pepper to taste
1	chopped onion	• Add garlic.
1 can	dark red kidney beans, drained	• Add onion and continue browning
1 large can	whole tomatoes	• Add kidney beans
	elbow macaroni	• Add tomatoes, cook until tomatoes break down (5 - 10 min)
		• Add macaroni - about two handfuls
		• Cook about 8 minutes until the macaroni is tender and tomato juice has been absorbed.

* Note all quantities change relative to amount of beef used.