

Goulash

2 lbs. meat of your choice (optional) - (ground beef, turkey, chicken, tofu, pork)
1 onions
1 green bell pepper
1 can of tomato sauce
1 can of diced tomatoes
1 teaspoon pepper
1 teaspoon salt
8 ounces elbow macaroni , uncooked



Add the ground meat of choice, onions, bell peppers and seasoning to a large e medium-high heat and cook it breaking it apart until it is no longer pink, about 5-7 minutes

Drain most of the fat then add in the remaining ingredients except the macaroni, bring to a boil then reduce to a low heat and simmer with a cover on for 15 minutes

Add in the macaroni, mix well then cover and simmer an additional 20 minutes, stirring occasionally before serving