

Goulash

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-recipe-with-hamburger>

Ingredients:

- 1 pound hamburger lean, 80/20
- 1/3 cup chopped onion
- 2 teaspoons minced garlic
- 2 tablespoons tomato paste
- 1 1/2 teaspoons chili powder
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 can plum tomatoes hand crushed, 28 oz. can
- 1 1/2 cups elbow macaroni raw
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups water plus up to 1 more cup, if needed

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 50 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 510 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy Goulash above. You can see more 20 japanese recipe with hamburger Savor the mouthwatering goodness! to get more great cooking ideas.