

Greek Goulash

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-goulash-recipe>

Ingredients:

- 6 pita rounds
- 2 tablespoons extra-virgin olive oil
- 1/2 pound orzo pasta
- 1 1/2 pounds ground beef
- 1 teaspoon dried oregano or 2 sprigs fresh, finely chopped
- 2 pinches ground cinnamon
- 1 onion chopped
- 4 cloves garlic grated
- 1 eggplant small, peeled and chopped into 1/4-inch dice
- 1 box frozen spinach 10 ounces, defrosted and wrung dry in towel
- 15 ounces tomato sauce
- 1/2 cup black olives pitted, chopped kalamata
- 1 lemon zested
- 1/2 cup flat leaf parsley chopped
- 1 1/2 cups crumbled feta cheese

Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 101 grams
3. Cholesterol: 170 milligrams
4. Fat: 51 grams
5. Fiber: 15 grams
6. Protein: 59 grams
7. SaturatedFat: 21 grams
8. Sodium: 1610 milligrams
9. Sugar: 17 grams
10. TransFat: 1.5 grams

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