

# Old Fashioned Ground Beef Goulash (American Goulash)

Yield: 8 min  
Total Time: 30 min

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

## Ingredients:

- 8 ounces elbow pasta
- 1 pound ground beef
- 1 cup bell peppers any color or mix of colors, seeded and diced
- 1 small onion diced
- 1 teaspoon garlic paste
- 15 ounces tomato sauce
- 14 1/2 ounces petite diced tomatoes or crushed tomatoes for smoother sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon olive oil
- 1/2 teaspoon salt more or less to taste
- grated Parmesan cheese unchecked?
- red pepper flakes unchecked?
- spices unchecked? Italian
- olives unchecked?
- artichokes unchecked?

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 480 milligrams
9. Sugar: 8 grams
10. TransFat: 0.5 grams

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