

# One Pot Goulash

Yield: 7 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/noodles-and-company-italian-seasoning-recipe>

## Ingredients:

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1/2 cup orange bell pepper or chopped red
- 2 teaspoons minced garlic
- 1 tablespoon italian seasoning
- 2 teaspoons seasoned salt such as lawry's
- 1 1/2 tablespoons worcestershire sauce
- 15 ounces diced tomatoes
- 15 ounces tomato sauce
- 15 ounces sweet corn
- 15 ounces chicken broth
- 15 ounces tomato sauce
- 2 cups noodles dry elbow
- kosher salt
- pepper
- 1 cup shredded cheddar cheese
- basil Fresh chopped, for serving, optional

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 70 milligrams
4. Fat: 14 grams
5. Fiber: 8 grams
6. Protein: 26 grams
7. SaturatedFat: 6 grams
8. Sodium: 820 milligrams
9. Sugar: 16 grams

Thank you for visiting our website. Hope you enjoy One Pot Goulash above. You can see more 16 noodles and company italian seasoning recipe Try these culinary delights! to get more great cooking ideas.