

Ground Beef Goulash

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/meatball-recipe-ground-beef-italian-seasoning>

Ingredients:

- 1 pound ground beef
- 1 small onion diced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon minced garlic
- 1 1/2 cups elbow macaroni uncooked
- 2 cups water
- 14 1/2 ounces stewed tomatoes undrained
- 8 ounces tomato sauce
- 2 teaspoons sugar
- 1 tablespoon Italian seasoning

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 80 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 7 grams
8. Sodium: 1130 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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