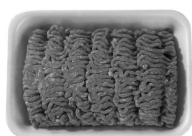


ONE POT HUNGARIAN STEW



INGREDIENTS Serves: 4 | Serving Size: 1 cup



ground beef
1 pound



green pepper
1 medium



onion
1 medium



water
1 cup



tomato sauce
2 - 15 oz cans



canned carrots
1 - 15 oz can



garlic powder
2 teaspoons



paprika
2 teaspoons



bay leaf
1 medium



whole grain macaroni
1 1/4 cup (dry)



salt & pepper



INSTRUCTIONS

1. COOK GROUND BEEF



In a large pot, cook the meat over medium heat, breaking up the meat into small pieces. Cook until there is no longer any pink.

2. PREPARE VEGETABLES



Cut the top off the pepper, remove the seeds, and chop. Chop the onion.

3. COOK ONION & PEPPER



Add chopped onion and pepper to the meat and cook until soft.

4. SIMMER STEW



Stir in water, tomato soup, carrots (drained and rinsed), paprika, garlic powder, and bay leaf. Bring to a boil. Reduce heat to low, cover and simmer for 20 minutes, stirring occasionally.

5. STIR IN PASTA



Stir in pasta, salt and pepper, cover, and cook over low heat for 15 minutes. Remove from heat and enjoy!

NUTRITION INFORMATION

Calories: 510

Total Fat: 13g

Total Carbohydrate: 60g

Dietary Fiber: 8g

Protein: 41g

Sodium: 710mg

LOWCOUNTRY FOOD BANK



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