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

lowcountryfoodbank.org/nutrition
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

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP.
This Institution is an equal opportunity provider.