

Turkey Goulash

Ingredients:

8 ounces macaroni, whole-wheat
 1 pound ground turkey
 1 onion
 1/2 green pepper
 28 ounces low sodium tomatoes, canned
 8 ounces tomato sauce
 8 ounces cheddar cheese, low fat

Equipment:

Saucepan
 Non stick skillet with lid
 Cutting board
 Knife
 Can opener
 Grater

Number of Servings: 7
 Prep Time: 10 minutes
 Total Time: 30 minutes

Directions

1. Cook macaroni according to package directions.
2. While macaroni is cooking, heat non stick skillet to medium. Place ground turkey in skillet and use a spatula to break turkey into small pieces as it browns. Keep on stirring and breaking into small pieces until it is no longer pink. Once it is done, put browned turkey on a plate covered with several layers of paper towels to absorb fat. Drain fat from skillet and return to stove.
3. Peel the onion and slice in half. Chop into small pieces and add to skillet.
4. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices. Add to skillet.
5. When onions are done, add tomatoes, tomato sauce, macaroni and turkey.
6. Bring to a boil, then simmer for 15 to 20 minutes.
7. While turkey mixture is cooking, grate cheese with a grater into small pieces, using a grater.
8. Remove from heat, add cheese and cover. Let stand for 5 minutes and serve.

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Nutrition Facts

Serving Size: 1 cup
 Servings: 7

Amount Per Serving		Calories from Fat 72	
		%Daily Value*	
Total Fat 8g			13%
Saturated Fat 2g			15%
Cholesterol 58mg			19%
Sodium 470mg			20%
Total Carbohydrate 34g			11%
Dietary Fiber 5g			19%
Protein 26g			51%
Vitamin A 22%	Vitamin C 44%		
Iron 17%	Calcium 20%		

*Percent Daily Values are based on a 2,000 calorie diet.

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