Turkey Goulash

Goulash is a dish that originates from 9th century medieval Hungary, which is ironic, because you’ll be anything but hungry after you eat this simple, delicious dish.

Per Serving: Cal 645, Fat 18g, Carb 84g, Protein 38g, Fiber 11g
Get Prepped: (5 minutes)

Garlic: Mince
Basil Leaves: Wash and chop
Bell Pepper: Wash, chop half
Onion: Chop half
Pots and Pans: Skillet, stock pot, colander, serving bowl

Start cooking: (35-40 minutes)

1. In a skillet, over medium heat, add ground turkey, and cook until turkey is brown. Add onion and garlic and cook a few more minutes.

2. Stir in diced tomatoes, tomato sauce, sugar, green bell pepper, Italian seasoning, paprika and red pepper flakes. Season with salt and pepper to taste. Cover with a lid and let simmer for about 20 minutes, stirring occasionally.

3. While goulash mix is cooking, prepare the pasta. In a large stockpot, bring lightly salted water to a boil. Once boiling, add macaroni pasta and cook for 8-10 minutes, until al dente. Remove from heat and drain.

4. Add cooked pasta and basil into the skillet and stir together. Season with salt and pepper to taste and serve with a drop of sour cream.

*Remember to remove meat items from bottom of bag!