



Goodles Goulash

Ingredients

- 1 pound ground beef, chicken or turkey
- 1/2 cup chopped onion (fresh or frozen)
- 15 oz. can no sodium added crushed tomatoes
- 1.5 cups water
- 2 6-oz. boxes of Goodles Cheddy Mac Macaroni and Cheese

Instructions

- In large skillet, cook ground meat and onion over medium heat until meat is thoroughly cooked, stirring frequently. Drain, if needed.
- Add crushed tomatoes and water; mix well. Bring to a boil. Stir in macaroni from boxes. Return to a boil. Cover; cook over medium heat for about 8 minutes, or until macaroni is tender and liquid is absorbed, stirring occasionally (add more water if it starts to dry out before the noodles are cooked)
- Stir in cheese powder from boxes. Mix well and add more water if you'd like it saucier. Serve and enjoy!

MAKES 6 SERVINGS. NUTRITION PER SERVING (BASED ON 90% LEAN GROUND BEEF): CALORIES: 360 | CARBOHYDRATES: 38G | PROTEIN: 25G | FAT: 11G | FIBER: 6G