Easy Beef Bean Goulash

Serves 6

12 ounces macaroni, uncooked

1 lb. lean ground beef

½ cup onion, chopped

2 garlic cloves, minced

1 stalk celery, sliced

½ cup frozen sweet corn

1 (14 ounce) cans kidney beans, drained and rinsed

3 tablespoons tomato paste

1 (14 ounce) cans diced tomatoes (do not drain)

1 tablespoon Italian seasoning

1 tablespoon paprika

½ cup cheddar cheese, shredded (optional)

- Cook pasta according to directions on package.
- 2. Heat a large skillet over medium high heat, add ground beef and cook about 5 minutes, until meat is not quite cooked through. Drain excess fat.
- 3. Add onion and garlic, and sauté about 2 minutes.
- 4. Add celery, corn and kidney beans, cook about 2 minutes, or until corn is thawed.
- 5. Stir in tomato paste, add diced tomatoes, Italian seasoning and paprika.
- 6. Reduce heat to low and simmer 5-10 minutes to let flavors combine.
- 7. Stir cooked macaroni and reserved pasta water into beef and tomato mixture and serve.
- Top with shredded cheese if desired.

Nutrition Facts Serving Size (298g) Servings Per Container

Amount Per Se	rving				
Calories 46	0 Cal	ories fron	n Fat 80		
% Daily Value*					
Total Fat 9g			14%		
Saturated Fat 3.5g			18%		
Trans Fat 0g					
Cholesterol 50mg			17%		
Sodium 340mg			14%		
Total Carbohydrate 63g 21%			21%		
Dietary Fi	ber 8g		32%		
Sugars 6g					
Protein 29g					
Vitamin A 20	•	Vitamin (25%		
Calcium 8%	•	Iron 30%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500					
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 6		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		

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Amount Per Serving	
Calories 460	Cald

Calories 460	Calories	from Fat 80
		% Daily Value*
Total Fat 9g		14%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 50	ng	17%
Sodium 340mg		14%
Total Carbohyd	Irate 63g	21%
Dietary Fiber	8g	32%
Sugars 6g		

Protein 29a

Vitamin A 20%	 Vitamin C 2 		
Calcium 8%	• Iron 30%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lowe

depending on yo	ur calorie ne	eds:	
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400m
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4





Kansas State University Agricultural Experiment Station

and Cooperative Extension Service

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This material was funded by USDA's Supplemental Nutrition This inaterial was unded by OsbaS supplemental volution.

Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equa opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





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