

A bowl of Hungarian Goulash with pasta, tomatoes, and peppers. The bowl is blue and white, sitting on a dark blue napkin. In the background, there are white onions and a green geometric pattern in the top right corner.

**SAVE  MORE
THAN FOOD**
MAKE A DIFFERENCE

A green geometric pattern consisting of several triangles of different shades of green, located in the bottom left corner of the image.

HUNGARIAN GOULASH

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INGREDIENTS



1 lb
ground beef



1 cup
macaroni
noodles



1 medium
onion,
chopped



2 cloves
garlic,
chopped



1 cup
chopped
peppers



1 large
tomato,
chopped (or
about 2/3 cup
canned diced
tomatoes)



1 tsp
Italian
seasoning



12 oz
(half a jar)
marinara
sauce



Salt,
to taste

FOOD SAVING HACKS

Got leftover marinara sauce? Freeze it in small, meal-sized portions so you can thaw only what you need next time.

INSTRUCTIONS

1. In a large pan over medium heat, cook ground beef until fully cooked. In another pot, boil macaroni noodles until tender. If using leftovers, skip this step.
2. Remove ground beef from the pan and drain any excess fat into a clean jar for later use, or leave it in the pan for extra flavor. Stir in chopped onion and garlic. Cook until softened, about 3-5 minutes.
3. Add chopped peppers and tomatoes, cooking for another 3-5 minutes.
4. Add salt and Italian seasoning. Stir well.
5. Add the cooked ground beef and noodles and stir to combine.
6. Stir in half a jar of marinara sauce. Cook on low for 5 minutes to blend flavors.
7. Spoon the goulash into bowls and enjoy warm.

SAVE MORE THAN FOOD! Turn leftovers into a quick casserole by topping with cheese and baking, or use it as a hearty filling for stuffed peppers.



WATCH US MAKE IT!

Scan the QR code for a step-by-step video.