

# Let's Cook our Commodities!

## One-Pot Pasta Goulash

### Ingredients

- 1 Tbsp. vegetable or Canola oil
  - 1 yellow onion, diced
  - 4 cloves garlic, minced
  - 2 green bell peppers, chopped
  - 1 lb. ground turkey, ground chicken, or lean ground beef
  - 1 can (28 oz.) diced tomatoes
  - 1 can (15 oz.) tomato sauce
  - 1 tsp. soy sauce
  - 1 dried bay leaf (optional)
  - 1 tsp. Italian seasoning
  - ¼ tsp. crushed red pepper (optional)
  - 1 cup water
  - 2 cups dried pasta of your choice
- Salt to taste

**Makes**  
6 servings

**Prep Time**  
10 minutes

**Cook Time**  
1 hour

**Good Source of**  
Protein  
Iron



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### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1.5 cup (404g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 880mg	<b>38%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	<b>0%</b>
Calcium 73mg	<b>6%</b>
Iron 4mg	<b>20%</b>
Potassium 788mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

1. In a large pot, heat oil over medium heat. Sauté onions and garlic until translucent, about 3 to 5 minutes.
2. Add bell peppers, stir, and cook for about 2 minutes.
3. Add ground meat and continue to sauté until meat is cooked thoroughly, about 5 to 7 minutes.
4. Add diced tomatoes, tomato sauce, soy sauce, optional bay leaf, Italian seasoning, optional crushed red pepper, and water. Allow to come to a boil.
5. Once boiling, turn the heat down to low and let simmer, covered, for 15 minutes.
6. After the sauce has simmered for 15 minutes, add pasta and stir to combine. Continue to let simmer with the lid on, stirring occasionally, until pasta is tender or about 10 to 12 minutes.
7. Add salt to your liking. Remove from heat and discard the bay leaf.
8. Serve hot. Refrigerate leftovers.

