

SPAM Goulash

Makes
6 servings

Prep time
5 minutes

Cook time
20 minutes

Ingredients:

- 2 tsp. vegetable oil
- 1 can 25% less-sodium SPAM, diced into cubes
- ½ yellow onion, diced
- 1 15.25 oz. canned corn, drained
- 1 24 oz. can no salt-added tomato sauce
- 1 15.25 oz. canned green beans, drained
- 1 8 oz. canned sliced mushrooms, drained
- 1 tsp. garlic powder
- ½ tsp. black pepper

Nutrition Facts

6 servings per container
Serving size 1 cup (281g)

Amount per serving
Calories **240**

% Daily Value*

Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 750mg	33%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 511mg	10%

*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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). 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 (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. In a medium pot or skillet, heat oil over medium heat.
2. Add diced SPAM and onions. Sautee for 2 minutes or until SPAM begins to brown.
3. Add all other ingredients and stir. Reduce heat and simmer, stirring occasionally, for 15-20 minutes.
4. Serve hot over a bed of brown rice. Refrigerate any leftovers.

