

Hungarian Goulash

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 pound steak
1 large can tomatoes
2 medium onions
1 cup macaroni
salt
pepper
dash Worcestershire sauce*

In a saucepan. cook the macaroni according to package directions.

In a nonstick skillet, brown the steak and onions.

Add the tomatoes, cooked macaroni, salt, pepper and Worcestershire..

Let simmer for one-half hour.

Nice served with hot tea biscuits.

Per Serving (excluding unknown items): 1496 Calories; 82g Fat (50.0% calories from fat); 82g Protein; 103g Carbohydrate; 8g Dietary Fiber; 254mg Cholesterol; 205mg Sodium. Exchanges: 5 Grain(Starch); 9 Lean Meat; 4 1/2 Vegetable; 11 Fat.