

# Macaroni Goulash

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

## **Yield: 6 to 8 servings**

*1 medium onion, chopped  
1/2 green pepper  
1 tablespoon margarine  
1 pound chuck ground beef  
1 can (20 ounces)  
tomatoes  
1 can (8 ounces) tomato  
sauce  
1 teaspoon salt  
1 teaspoon dry mustard  
powder  
2 cups uncooked elbow  
macaroni  
1 cup (4 ounce) shredded  
sharp cheddar cheese*

Preheat the oven to 375 degrees.

In a large skillet, saute' the onion and green pepper in margarine until soft. Add the beef and cook until lightly browned. Pour off the excess fat.

Stir in the tomatoes, tomato sauce, salt and dry mustard. Simmer for 2 to 3 minutes.

Cook the macaroni as directed on the label. Drain.

Turn the meat sauce, macaroni and one-half cup of cheese to a two-quart casserole dish. Blend well. Cover the top with the remaining cheese.

Bake for 25 minutes.

Per Serving (excluding unknown items): 689 Calories; 50g Fat (62.9% calories from fat); 33g Protein; 32g Carbohydrate; 6g Dietary Fiber; 119mg Cholesterol; 4455mg Sodium. Exchanges: Lean Meat; 5 Vegetable; 7 Fat