## **American Goulash**

Nadine Myers "Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 tablespoons olive oil
1 pound ground beef
1 large green pepper, chopped
1 large can whole tomatoes
1 small package (8 ounce0 fresh mushrooms, sliced
1 medium onion, diced
salt and pepper (to taste)
basil (to taste)
1 pound pasta or noodles
grated cheese (optional) In an electric skillet or large frying pan, saute' the peppers, onion and meat in olive oil. Cook slowly and add the tomatoes (broken up into chunks) and mushrooms.

Add salt, pepper and basil to taste.

Cook pasta separately and add to the meat mixture.

Top with grated cheese ,if desired.

Per Serving (excluding unknown items): 1750 Calories; 148g Fat (76.5% calories from fat); 79g Protein; 24g Carbohydrate; 6g Dietary Fiber; 386mg Cholesterol; 326mg Sodium. Exchanges: 11 Lean Meat; 4 Vegetable; 23 1/2 Fat.

## Beef

## **Der Conving Nutritional Analysis**

Calories (kcal):	1750	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	76.5%	Vitamin B12 (mcg):	12.0mcg
% Calories from Carbohydrates:	5.4%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	18.1%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	148g	Folacin (mcg):	101mcg
Saturated Fat (g): Monounsaturated Fat (g):	53g	Niacin (mg): Caffeine (mg): Alcohol (kcal): % Pofuso:	23mg 0mg 0 0.0%
	73g		
Polyunsaturated Fat (g):	8g		
Cholesterol (mg):	386mg		
Carbohydrate (g):	24g	Food Exchanges	
Dietary Fiber (g):	6g	Grain (Starch):	0
Protein (g):	79g	Lean Meat:	11

Sodium (mg):	326mg	Vegetable:	4
Potassium (mg):	1758mg	Fruit:	0
Calcium (mg):	76mg	Non-Fat Milk:	0
Iron (mg):	9mg	Fat:	23 1/2
Zinc (mg):	17mg	Other Carbohydrates:	0
Vitamin C (mg):	137mg		
Vitamin A (i.u.):	1518IU		
Vitamin A (r.e.):	151RE		

## **Nutrition Facts**

Amount Per Serving

Calories 1750	Calories from Fat: 1338
	% Daily Values*
Total Fat 148g	228%
Saturated Fat 53g	263%
Cholesterol 386mg	129%
Sodium 326mg	14%
Total Carbohydrates 24g	8%
Dietary Fiber 6g	23%
Protein 79g	
Vitamin A	30%
Vitamin C	229%
Calcium	8%
Iron	53%

\* Percent Daily Values are based on a 2000 calorie diet.