

# Goulash (Polish Hamburger Meat Dish)

*Sumi Ford*

*Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991*

*1 pound hamburger meat  
1 clove garlic  
2 cans (10 ounce ea)  
tomatoes  
salt (to taste)  
pepper (to taste)  
1 can red kidney beans  
1 package egg noodles  
1/2 cup water*

In a skillet, cook the hamburger meat and garlic until no longer pink. Add the tomatoes, salt, pepper, beans and water. Cook, slowly for about one hour.

Place the uncooked noodles on top of the meat mixture. Cover and cook for 5 minutes. Stir the mixture together.

Serve with cornbread or hot cooked rice.

---

Per Serving (excluding unknown items): 821 Calories; 4g Fat (4.6% calories from fat); 49g Protein; 152g Carbohydrate; 32g Dietary Fiber; 36mg Cholesterol; 56mg Sodium. Exchanges: 9 1/2 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable.