

# Goulash

*Mrs. Doc Stephens*

*Local 1155 Women's Committee Cookbook, Alabama*

*1 large onion  
2 teaspoons butter  
1 pound ground beef  
salt (to taste)  
pepper (to taste)  
1 cup macaroni, cooked  
1 can tomato soup  
3/4 cup water*

In a heavy skillet, saute' the onion in butter. Add the ground beef and brown.

Add the macaroni, soup and water. Simmer.

Serve with a lettuce salad and homemade cornbread.

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Per Serving (excluding unknown items): 1992 Calories; 132g Fat (60.1% calories from fat); 92g Protein; 105g Carbohydrate; 5g Dietary Fiber; 407mg Cholesterol; 1098mg Sodium. Exchanges: 6 Grain(Starch); 11 Lean Meat; 1 1/2 Vegetable; 20 Fat.