
Mom Seely`s Goulash

Tanya (Seely) Carlson

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1 pound hamburger
1 1/4 cups uncooked macaroni
1 can tomato soup
1 pint canned whole tomatoes, drained
1/2 small onion, chopped
1 teaspoon chili powder
salt (to taste)
pepper (to taste)

In a skillet, brown the hamburger with the onion. Add the chili powder, salt and pepper. Simmer for 10 minutes.

Add the tomato soup and drained tomatoes. Stir together. Simmer on low for 45 minutes.

Prepare the macaroni according to package directions. Drain. Add the macaroni to the hamburger mixture. Simmer for 30 minutes.

Yield: 4 to 6 servings.

Ground Beef

Per Serving (excluding unknown items): 1499 Calories; 62g Fat (36.6% calories from fat); 65g Protein; 177g Carbohydrate; 2g Dietary Fiber; 177mg Cholesterol; 2675mg Sodium. Exchanges: 11 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 9 1/2 Fat.