



Bobby's Goulash

 Dairy Free  Popular

READY IN



110 min.

SERVINGS



6

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 6 servings serving suggestions: garlic bread and a salad
- 30 ounce tomatoes diced canned
- 30 ounce tomato sauce canned
- 2 cups elbow macaroni uncooked
- 3 cloves garlic chopped
- 0.3 cup garlic powder
- 2 tablespoons penzey's southwest seasoning italian

- 2 pounds ground beef lean
- 0.3 cup pepper
- 1 cup salt
- 1 tablespoon lawry's seasoned salt
- 3 tablespoons soya sauce
- 3 cups water
- 2 large onions yellow chopped

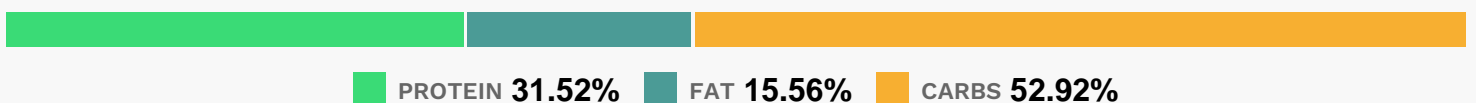
Equipment

- pot
- dutch oven

Directions

- In a Dutch oven, saute the ground beef over medium-high heat until no pink remains. Break up the meat while sauteing. Spoon off any grease.
- Add the onions and garlic to the pot and saute until they are tender, about 5 minutes.
- Add 3 cups water, along with the tomato sauce, diced tomatoes, Italian seasoning, bay leaves, soy sauce, House Seasoning, and seasoned salt. Stir well.
- Place a lid on the pot and allow this to cook for 15 to 20 minutes.
- Add the elbow macaroni, stir well, return the lid to the pot, and simmer for about 30 minutes. Turn off the heat, remove the bay leaves, and allow the mixture to sit about 30 minutes more before serving.
- Serve with garlic bread and a salad.
- Mix the ingredients together and store in an air-tight container for up to 6 months. Use as a seasoning on meat and when cooking vegetables.

Nutrition Facts



Properties

Glycemic Index:36.28, Glycemic Load:12.37, Inflammation Score:-9, Nutrition Score:42.776087128598%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

Nutrients (% of daily need)

Calories: 604.69kcal (30.23%), Fat: 10.68g (16.43%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 81.67g (27.22%), Net Carbohydrates: 70.46g (25.62%), Sugar: 13.93g (15.48%), Cholesterol: 93.74mg (31.25%), Sodium: 21653.8mg (941.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.66g (97.32%), Manganese: 2.66mg (133.24%), Selenium: 68.36µg (97.66%), Vitamin B3: 13.77mg (68.86%), Zinc: 9.82mg (65.46%), Vitamin B6: 1.29mg (64.64%), Iron: 10.61mg (58.96%), Phosphorus: 576.3mg (57.63%), Vitamin B12: 3.39µg (56.45%), Potassium: 1726.27mg (49.32%), Fiber: 11.21g (44.85%), Copper: 0.82mg (40.93%), Magnesium: 146.01mg (36.5%), Vitamin K: 36.72µg (34.97%), Vitamin B2: 0.58mg (34.21%), Vitamin C: 27.51mg (33.34%), Vitamin B1: 0.4mg (26.98%), Vitamin E: 4.02mg (26.78%), Vitamin B5: 2.34mg (23.37%), Calcium: 232.65mg (23.26%), Folate: 85.37µg (21.34%), Vitamin A: 866.67IU (17.33%), Vitamin D: 0.15µg (1.01%)