

# Classic Goulash

 Dairy Free  Popular

READY IN



80 min.

SERVINGS



8

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 bay leaves
- 29 ounce tomatoes diced canned
- 30 ounce tomato sauce canned
- 2 cups elbow macaroni uncooked
- 3 cloves garlic chopped
- 2 pounds ground beef lean
- 1 tablespoon lawry's seasoned salt to taste
- 2 tablespoons herb seasoning dried italian

- 3 tablespoons soya sauce
- 3 cups water
- 2 large onions yellow chopped

## Equipment

- dutch oven

## Directions

- In a large Dutch oven, cook and stir the ground beef over medium-high heat, breaking the meat up as it cooks, until the meat is no longer pink and has started to brown, about 10 minutes. Skim off excess fat, and stir in the onions and garlic. Cook and stir the meat mixture until the onions are translucent, about 10 more minutes.
- Stir in water, tomato sauce, diced tomatoes, soy sauce, Italian seasoning, bay leaves, and seasoned salt, and bring the mixture to a boil over medium heat. Reduce the heat to low, cover, and simmer 20 minutes, stirring occasionally.
- Stir in the macaroni, cover, and simmer over low heat until the pasta is tender, about 25 minutes, stirring occasionally.
- Remove from heat, discard bay leaves, and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.25, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:26.678695875665%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

## Nutrients (% of daily need)

Calories: 358.83kcal (17.94%), Fat: 6.86g (10.56%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 36.68g (13.34%), Sugar: 9.03g (10.04%), Cholesterol: 70.31mg (23.44%), Sodium: 1983.98mg (86.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.9%), Selenium: 43.16µg (61.66%), Zinc: 6.86mg (45.74%), Vitamin B3: 9.1mg (45.5%), Vitamin B12: 2.54µg (42.34%), Vitamin B6: 0.82mg (41.21%), Manganese: 0.82mg (40.79%), Iron: 6.81mg (37.85%), Phosphorus: 365.79mg (36.58%), Potassium: 1099.88mg (31.43%), Vitamin K: 29.48µg (28.08%), Vitamin C: 20.23mg (24.52%), Fiber: 6.04g (24.15%), Copper: 0.45mg (22.36%), Magnesium: 88.42mg (22.1%), Vitamin E: 3.27mg (21.79%), Vitamin B2: 0.37mg (21.79%), Vitamin B5: 1.44mg (14.41%), Calcium: 138.86mg (13.89%), Vitamin A: 646.61IU (12.93%), Vitamin B1: 0.18mg (11.99%), Folate: 46.96µg (11.74%)