

DINNER

Greek Goulash

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	15 min	30 min	4	\$7.30	1,139 kcal



Greek Goulash might be just the main course you are searching for. One serving contains 1139 calories, 61g of protein, and 50g of fat. This recipe serves 4 and costs \$7.3 per serving. 1 person has made this recipe and would make it again.

Ingredients

- ☐ 4 servings Black pepper
- ☐ 15 ounce tomato sauce
canned
- ☐ 1 small eggplant, peeled and chopped into 1/4-inch
dice
- ☐ 1½ cups crumbled feta cheese
- ☐ ½ cup chopped flat-leaf parsley
- ☐ 4 cloves garlic, grated
- ☐ 2 pinches ground cinnamon
- ☐ 1½ pounds ground sirloin or lamb
- ☐ ½ cup pitted, chopped kalamata black olives
- ☐ 1 lemon, zested
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 1 onion, chopped

☐ 1 teaspoon dried oregano or 2 sprigs fresh, finely chopped

☐ 6 pita rounds

☐ ½ pound orzo pasta

☐ 1 box frozen spinach, 10 ounces, defrosted and wrung dry in towel

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Knife, Pot, Kitchen scissors

Method

- 1 Heat oven to 400 degrees F.
- 2 Cut pita rounds into 6 wedges each with knife or kitchen scissors. Scatter wedges onto a baking sheet and spray with olive oil cooking spray. Season with salt and bake 10 minutes until golden.
- 3 Remove from the oven and cool.
- 4 Heat a large high sided skillet with extra-virgin olive oil, 2 turns of the pan, over medium- high heat until oil ripples.
- 5 Add beef or lamb, brown and crumble meat, about 5 minutes. Season the meat with salt, pepper, oregano, cinnamon.
- 6 Add the onions, garlic and eggplant and cook 6 to 7 minutes then stir in spinach and tomato sauce. Simmer a few minutes and adjust seasonings.
- 7 Chop olives with lemon zest and parsley - Greek Gremolata!
- 8 Bring a large pot of salted water to a boil and cook orzo according to box instructions.
- 9 Drain orzo and combine with meat goulash. Top bowls of goulash with feta cheese, pita chips and olive gremolata.

Nutrition per serving

1,139
KCAL

61 g
PROTEIN

50 g
FAT

112 g
CARBS

Saturated Fat	19.2 g · 120% of daily needs
Fibre	12.8 g · 51% of daily needs
Sugar	11.3 g · 13% of daily needs
Sodium	2,035 mg · 88% of daily needs
Cholesterol	166 mg · 55% of daily needs
Vitamin C	28.8 mg · 35% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/greek-goulash-147944