

2Goulash, Hungarian10

Number of Servings: 10 (352.45 g per serving)

Amount	Measure	Ingredient
21.00	oz	Beef, ground, hamburger, pan browned, 10% fat
14.00	Tbs	Onion, white, fresh, chpd
1/4	tsp	Spice, garlic Powder
6 1/2	tsp	Sugar, brown, packed
3/4	tsp	Spice, mustard seed, ground
1/2	tsp	Salt, table, iodized
2 1/2	tsp	Spice, paprika
4 1/4	Tbs	Sauce, worcestershire, low sod
1 1/4	tsp	Vinegar, cider
13.00	Tbs	Catsup
5.00	cup	Tomatoes, diced, unsalted, cnd
13.00	Tbs	Water, municipal
2 1/2	cup	Water, municipal
1.00	cup	Flour, all purpose, white, bleached, enrich
11 1/2	oz	Pasta, macaroni, semolina, elbow, dry

Nutrients per serving

Nutrition Facts	
Serving Size (352g)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 450mg	19%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 24g	
Vitamin A 20%	Vitamin C 30%
Calcium 4%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

Noodles may be substituted for macaroni.
Cubed beef may be substituted for ground beef.

Brown beef in a roasting pan in a 450 degree oven.

Combine brown sugar, salt, seasonings, tomatoes and liquid ingredients including only the first measure of water. Add to browned meat. Cover and simmer 1 - 2 hours (until meat is tender if using cubed beef.)

Mix flour and second listing of water until smooth. Add gradually to hot mixture and cook until thickened.

Cook macaroni or noodles in boiling water until tender. Drain and fold into hot mixture. If needed, additional water may be added. Pan into steam table pans.
Keep hot, 190 degrees F.

Each serving = approximately 11/2 cup = 2 oz meat + 1 grain + 1 vegetable serving.

Serve 11/2 cup with 10 oz ladle
rounded or 3 #8 scoops
48 grams carbohydrate = 3 CS

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Notes

Buy 1 1/4 to 1 1/3# lean ground beef for each 1# cooked ground beef called for in recipe.
1# dry macaroni = 4 cups