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Turkey Goulash

Submitted by: **Denise Lutinski**



Makes 4 servings

Prep Time:
15 Minutes
Cook Time:
30 Minutes
Average Rating:

Rated by 4 users

" A lighter version of the classic goulash. Serve with a salad for a quick and healthful meal. "

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Ingredients

- 2 pound lean ground turkey
- 2 (14 ounce) can stewed, diced tomatoes
- 3 cloves garlic, minced
- 1 cup tomato sauce
- 1 (16 ounce) package macroni pasta
- 2 teaspoons white sugar
- 1/2 teaspoon dried basil



Directions

- 1** In a large skillet over medium heat, cook the turkey until browned.
- 2** Stir in the stewed tomatoes, garlic, tomato sauce and basil, and then simmer for about 20 minutes.
- 3** Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente, and then drain. Combine the pasta and turkey mixture; toss and serve.

Makes 4 servings

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Nutrition at a glance

Servings Per Recipe: 5 amount per serving

Calories	502
Protein	29g
Total Fat	10g
Sodium	560mg
Cholesterol	72mg
Carbohydrates	76g
Fiber	5g

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