

# Easy Beef Bean Goulash

Serves 6

- 12 ounces macaroni, uncooked
- 1 lb. lean ground beef
- ½ cup onion, chopped
- 2 garlic cloves, minced
- 1 stalk celery, sliced
- ½ cup frozen sweet corn
- 1 (14 ounce) cans kidney beans, drained and rinsed
- 3 tablespoons tomato paste
- 1 (14 ounce) cans diced tomatoes (do not drain)
- 1 tablespoon Italian seasoning
- 1 tablespoon paprika
- ½ cup cheddar cheese, shredded (optional)

1. Cook pasta according to directions on package.
2. Heat a large skillet over medium high heat, add ground beef and cook about 5 minutes, until meat is not quite cooked through. Drain excess fat.
3. Add onion and garlic, and sauté about 2 minutes.
4. Add celery, corn and kidney beans, cook about 2 minutes, or until corn is thawed.
5. Stir in tomato paste, add diced tomatoes, Italian seasoning and paprika.
6. Reduce heat to low and simmer 5-10 minutes to let flavors combine.
7. Stir cooked macaroni and reserved pasta water into beef and tomato mixture and serve.
8. Top with shredded cheese if desired.

Nutrition Facts	
Serving Size (298g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 460</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 63g</b>	<b>21%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 6g	
<b>Protein 29g</b>	
Vitamin A 20%	Vitamin C 25%
Calcium 8%	Iron 30%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

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