

### ***Goulash recipe:***

- ***1 box pasta (whole grain, can be elbow, Penne, Spaghetti, Bow tie most anything (there is also a new low carb pasta that is only 5 gms of carbs / serving))***
- ***1lb ground beef***
- ***1 med onion diced***
- ***1 tsp. chopped garlic***
- ***1 can of diced tomatoes***
- ***8 oz. shredded cheddar cheese***
- ***½ cup catsup***
- ***Salt, pepper, sugar***

***Sauté onions and garlic in EVO until translucent  
Add ground beef, salt & pepper to taste***

***Once beef is cooked through, add tomatoes and a little sugar and catsup (tomatoes are fruit, sugar helps them, that is why Catsup is so good)  
Cook until ready to eat (taste it and add salt & pepper as needed)***

***Add meat mixture to cooked pasta stir a bit then add the cheese and stir some more.***

***Serves six to eight.***