

AMERICAN GOULASH

Serves 6

1 pound ground beef
½ pound Italian chicken sausage
¼ cup breadcrumbs
1 egg

¼ cup fresh grated Parmesan cheese
1 tablespoon plus 2 teaspoons Wildtree
Pizza Sauce Seasoning
1 cup diced onion

½ cup diced green bell pepper
1 (14.5 ounce) can stewed tomatoes
1 (14.5 ounce) can tomato sauce
1 pound pasta, prepared according to
package directions

Calories 530; Fat 10g; Saturated Fat 3g; Carbohydrates 71g; Fiber 5g; Protein 36g; Cholesterol 110mg; Sodium 860mg



▶ Use your hands to combine ground beef, chicken sausage, breadcrumbs, egg, Parmesan, and 1 tablespoon Pizza Sauce Seasoning.



▶ Heat a nonstick skillet over medium high heat. Add the mixture to the pan and cook until browned and nearly cooked through. Push mixture to one side of the pan. Add the onion and bell pepper. Sauté onions and bell pepper on the other side of the pan until onions start to become translucent, about 5 minutes.



▶ Stir onions, pepper, and meat together.



▶ Add stewed tomatoes, tomato sauce, and remaining 2 teaspoons Pizza Sauce Seasoning; stir to combine. Simmer over low heat while you prepare the pasta.



▶ Cook pasta in a large pot according to package directions; drain and return to pan.



▶ Add meat sauce to pan with pasta, stir to combine. Warm completed dish over medium low heat if necessary.



▶ Serve hot with grated cheese if desired.

SIMPLE.
HEALTHY.
DINNER.



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