



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Goulash

Ingredients:

- 1 pound lean ground beef
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cloves garlic, chopped
- 1 (16-ounce) can tomato sauce
- 2 Tablespoons dried parsley
- 2 cups cooked macaroni
- salt and pepper to taste
- 1/3 cup part skim mozzarella cheese, shredded

Makes 8 servings - 33% calories from fat

Instructions:

1. Brown ground beef, onion and pepper in a large skillet.
2. Add garlic, tomato sauce, parsley, macaroni, salt and pepper. Mix well, and heat together in skillet. (Add a little water if necessary.)
3. Sprinkle cheese on top and cover pan until cheese is melted.

Note:

- If using a higher fat % of ground beef, be sure to drain grease in step #1.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 370mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 16g	
Vitamin A 8%	• Vitamin C 35%
Calcium 6%	• Iron 15%
*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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