



Hungarian Goulash

3	pounds	ground beef
2	pounds	elbow noodles
16	ounces	can of tomato sauce
1	large	onion, chopped
1	large	green pepper, chopped
16	ounces	mild cheddar cheese

Brown ground meat with chopped up onion and green pepper. Boil elbow noodles until almost soft. Drain grease from ground meat, onion, and green pepper. Mix ground meat and noodles with tomato sauce and slow cook until noodles are soft. Then add cheddar cheese and remove from heat.

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Healthier Boxed Stuffing

1	package	stuffing mix (top of the stove style)
1/3	cup	unsweetened apple sauce

Make the boxed stuffing according to package directions, except:

- omit the butter and use the apple sauce
- reduce the water by 3-4 tablespoons

Optional: you can also add sliced apples to the stuffing – add these in the beginning when you boil the water.

Keep the stuffing hot until ready to serve and serve hot.

Serves four. Each 3/4 cup serving: 180 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 686 mg sodium, 33 g carbohydrate, 1 g fiber, 6 g protein. Diabetic exchange: 2 bread.

Note: this recipe is high in sodium. Look for boxed stuffing recipes that are reduced sodium. You can also omit half the flavoring packet and use sliced apples and herbs for more flavor.

Food and Health Communications

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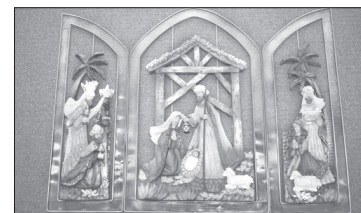
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