

Goulash

Comfort food at its finest!

- 2 pounds of ground meat
 - 1 pound mushrooms (processed into crumbles)
 - 2 yellow onions (chopped)
 - 3 cloves garlic (minced)
 - 3 cups water (do not add water if you are using konjac noodles)
 - 2 15 oz cans tomato sauce
 - 2 14.5 oz cans diced tomatoes
 - 2 tbsp soy sauce (or Bragg's aminos)
 - 2 tbsp Worcestershire sauce
 - 2 tbsp Italian seasoning
 - 3 bay leaves
 - 1 tbsp mineral salt
 - 1 box uncooked pasta (Dreamfields for S, Bean Pasta for E, or Konjac Noodles for FP or S)
1. In a Dutch oven or stock pot on medium-high heat, brown ground beef (be sure to use 96% lean for E or FP) till pink is almost gone and then add the finely processed mushrooms and continue to cook until meat is cooked through and mushrooms are cooked down. Remove the meat mixture to a colander to drain.
 2. Place chopped onions and garlic in the pan and cook until onions are translucent.

3. Return the meat mixture to the pan with the onions and garlic. Add all other ingredients EXCEPT for pasta and bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes, stirring occasionally. (If you are using konjac-based noodles you can add them now and cook for the full remaining time.)
4. Stir in the pasta, cover, and simmer on low for another 25 minutes. Remove from heat, discard bay leaves, and serve.

This recipe can be an E, S, or FP on the THM plan. For an E, use a bean-based noodle (penne shape works great, but any shape will do. If you use spaghetti break the length into thirds), and be sure to use 96% lean ground meat. You can add a dollop of Greek yogurt or a wedge of light laughing cow cheese when you serve if desired.

For an S you can use any ground meat you'd like. Use Dreamfields pasta or Konjac-based noodles. You can add sour cream and cheese when serving if you'd like.

For FP, make sure you use 96% lean ground meat and konjac-based noodles. Enjoy a dollop of Greek yogurt and a wedge of light laughing cow cheese when serving if desired.