

WhipUpKing™ Goulash

Ingredients

1 lb Ground Beef 80/20 (organic if possible)
1/2 Medium Onion – chopped
1/2 Bell Pepper of your choice – chopped
2 Garlic cloves – minced
1 Jar of Tomato Sauce / Marinara (16 –20 oz)
16 oz Elbow Pasta – boil to al dente and set aside
2 tsp (4 grams) of WUK™ Spice Spice
2 tsp (4 grams) of WUK™ Sazón
1 TBSP of Canola Oil
Salt and Pepper to taste
Sprinkle of Olive Oil

Supplies needed: Cutting board, Knife, WUK Spatula, Saute Pan,
Serving Bowl

Directions: * Pre-heat pan over medium heat, add canola oil
* Add Onion and Bell Pepper to pan, saute for 3–4 minutes
* Add Garlic to saute for 2 minutes
* Add Ground beef to the pan, chop down w/ spatula until brown
* Add elbow pasta and jar of Tomato Sauce to pan
* Mix/stir regularly for 4–6 minutes with spatula until well combined
* Add Goulash to a serving dish, Let's Feast!



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