



Goulash

Comfort food at it's BEST

Prep Time : 5 mins

Cook Time : 30 mins

Servings: 8

Ingredients:

1 lb ground beef
1 medium onion, diced
48 oz jug of V8 Vegetable Juice
(NO SUBSTITUES!)
1 lb elbow macaroni
salt and pepper

Procedure:

1. Brown ground beef in dutch oven or large pot.
2. Add onion and cook until softened.
3. Add V8 Juice
4. Bring to a boil
5. Add elbow macaroni, salt and pepper
6. Cover and simmer for 20 mins stirring occasionally.
7. Liquid should be soaked up.
8. Serve.