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*If Veterans don't help Veterans, who will?*

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## *Hungarian Goulash*

- 4 Green onions, chopped
- 1 Red onion, chopped
- 1 Bell pepper, chopped
- 1 Lb lean ground beef
- 1 6 Oz can tomato paste
- 1 Garlic clove, minced
- 3 Tsp sweet Hungarian paprika
- 1 16 Oz can diced tomatoes
- 1 8 Oz can tomato sauce
- 7 Ounces Rotini pasta, cooked as directed
- Salt, to taste

- 1) Sauté onions and bell pepper in oil until tender.
- 2) Add beef, garlic, and paprika.
- 3) Cook until beef is browned.
- 4) Add undrained tomatoes and sauce and add tomato paste to taste starting with half a can.
- 5) Add pasta to mixture.
- 6) Add salt to taste.
- 7) Cook on medium-high heat 8-10 minutes.

Makes 4-6 Servings

