



## Easy Hamburger Goulash

Level: Easy

Prep Time: 5 minutes

Serves: About 5

Cooking Time: 20 to 30 minutes



- 1½ pounds lean ground beef (or ground turkey)
- 1 (15 oz.) can tomato sauce
- 1 (8.75 oz.) can whole kernel corn; liquid drained
- 1 (10 oz.) package frozen mixed vegetables (carrots, corn, peas, green beans and lima beans)
- 2 (10½ oz.) cans Campbell's Vegetable (Alphabet) Soup
- Water
- Salt and pepper, to taste (optional)



*Additions (optional):* cooked rice, Nabisco Premium Minis Original Saltine Crackers, OR pao duce (Portuguese sweet bread)

1. In a large pot, brown the ground beef (or turkey) until fully cooked, breaking up the beef (or turkey) into small pieces as it cooks. Drain oil from pot.
2. Add the tomato sauce, drained canned corn, entire package of frozen mixed vegetables (do not thaw - while cooking it will defrost and add liquid to the goulash), and entire contents of 2 cans of Campbell's Vegetable Soup.
3. Fill ONE of the empty Campbell's Vegetable Soup cans with water. Add about half of the can of water to the pot. If desired, add salt and pepper to your taste (this is optional, I don't add any salt or pepper at all). With a large mixing spoon, gently mix all ingredients (stir gently so the alphabet letters don't break apart while mixing).
4. Cook on medium high heat until the goulash starts to boil. Lower heat and simmer uncovered until the frozen vegetables are soft enough to eat, about 10 minutes or so. While it's cooking, gently stir periodically so the bottom doesn't stick to the pot and burn. If desired, slowly add more water until you get the consistency you want.
5. Serve hot over rice, or top with Nabisco Premium Minis Original Saltine Crackers, or dip pao duce (Portuguese sweet bread) in it.

