

# Healthy Goulash

**Yield:** 8 Servings 2 Cups Each    **Author:** Lauren

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Prep time: 5 M    Cook time: 40 M    Total time: 45 M

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Ground turkey, noodles, tomato sauce, and corn asll cooked together in 1 pot for a delicious meal that is perfect for a family or meal prep for the week!

## INGREDIENTS:

- 2 lbs 99% fat free Ground Turkey
- 28oz can Diced Tomatoes (NOT drained)
- 1 can Sweet Corn (Drained)
- 1 24oz Jar Favorite Spaghetti Sauce (WW Points Vary)
- 1 tsp Paprika
- 1 Tbsp Italian Seasoning
- 1 tsp Red Chili Flakes
- 2 cups Macaroni Noodles (Whole Wheat if Purple WW)

## INSTRUCTIONS:

1. In a large pot, brown the turkey until cooked through
2. Add in the undrained can of diced tomatoes and jar of spaghetti sauce
3. Stir in drained corn, bring the goulash to a boil, cover and reduce heat to low. Cook for 20 minutes
4. Add in the noodles and mix well, cover and cook for 20 more minutes
5. Serve Hot and Enjoy!