

# Goulash

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**FIELD & FORK**

CAMPUS FOOD PROGRAM  
UNIVERSITY OF FLORIDA



## Ingredients:

1 lb	Meat
1 package	Noodles
1 can	Cream of mushroom soup
1 can	Tomato soup
1 tsp	Garlic powder
1 tsp	Salt
1 tsp	Pepper
	Onion (optional)
	Cheese (optional)

## Directions:

1. Cook noodles as package directs (usually 6-8 minutes in boiling water) drain and set aside
2. Brown meat and onion (optional), then add garlic, salt, pepper cream of mushroom soup and tomato soup, mix well.
3. Add noodles and top with cheese (optional)
4. Cover and heat until cheese is melted
5. This can all be done in one large skillet