

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Goulash with Macaroni

From "Yum-O!" by Rachael Ray

Serves 4

Salt

1 pound brown rice macaroni – or other shaped noodle (We like to use brown rice noodles because they are gluten free. Dierbergs does carry them. If you cannot find them, use whole wheat).

2 tablespoons extra-virgin olive oil

1 ½ pounds ground beef

1 tablespoon paprika

Freshly ground black pepper

1 bay leaf

1 cup shredded carrots, copped into small bites

1 onion, finely chopped

2 celery ribs from the heart, finely chopped

1 red bell pepper, seeded and finely chopped

1 (15-ounce) can tomato sauce

2 cups beef stock (Look for an all-natural one without MSG and other preservatives).

½ cup sour cream

3 tablespoons chopped fresh dill, optional

A handful of fresh flat-leaf parsley, finely chopped, optional

3 tablespoons freshly snipped chives, optional

4 radishes, finely chopped, for garnish, optional

½ cup chopped cornichons or baby gherkin pickles, for garnish, optional

Bring a large pot of water to a boil for the macaroni. Salt the water, then cook the pasta al dente. While the water comes to a boil and the pasta cooks, heat the olive oil in a large, deep skillet over medium to medium-high heat. Add the meat and season with the paprika, salt, and pepper. Brown and crumble the meat for 5 minutes, then add the bay leaf, carrots, onions, celery, and bell pepper and cook for 10 minutes more. Add the tomato sauce and stock and heat through, about 2 minutes. Discard the bay leaf. Adjust the seasonings and stir in the sour cream. Add dill and parsley, if desired. Drain the macaroni and toss with the meat sauce. Garnish the goulash with the chives, chopped radishes, and chopped pickles, if desired.