

# Healthy Chicken Goulash

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This Healthy Chicken Goulash is made healthy by using ground chicken in place of the traditional beef, and adding good for you vegetables. A little secret shsssss don't tell my family, I add chopped spinach to a lot of my recipes.

It's a good way to get our picky eaters to eat some greens and a good place to put them is in this goulash.

It's a cozy family meal that comes together quick, is easy and doesn't need a lot of ingredients.

It can be on your table in 30 minutes, not only is it quick and easy it's real good, and that's not even the best part, the best part ONE PAN COOKING!!!

It's a great recipe for those busy night, when commitments are long and time is short, or fancy enough for special meals with friends.

## Customize This Healthy Chicken Goulash

This Healthy Chicken Goulash recipe is easy to customize to fit your lifestyle and taste.

The recipe calls for 2 cups of spinach if your family likes spinach, by all means add more, I do. I used ground chicken you can go the traditional route and use ground beef, or ground turkey if that s what you prefer.

It doesn't matter how much spinach you use, what shaped pasta or what meat you use, this recipe is sure to become a family

favorite in your home as it has in mine!!!!

One thing that does matter in this Healthy Chicken Goulash recipe and in any one pan meals is to be sure to use the right size pan to hold all the ingredients. I've linked my favorite.

I hope you try this easy comforting recipe and please leave me a comment when you do. I love hearing from you it's my favorite part!!!

## Ingredients

- 1/2 Lbs. shell pasta
- 1/2 Lbs. ground chicken
- 2 cups spinach chopped
- 1 chopped onion
- 2 peeled and chopped carrots
- 2 chopped celery stalks
- 1 chopped bell pepper
- 1 tablespoon chopped garlic
- 1 14.5 oz. can chopped tomatoes
- 1 14.5 oz. can tomato sauce
- 1 cup chicken stock
- 1 cup grated parmesan
- 2 Tbs. paprika
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- 2 Tbs. each olive oil and butter

### • **Instruction**

- 1. Heat oil and butter to medium heat add onion and garlic saute until tender and just beginning to brown
- Add the carrots, bell pepper and celery saute just a few minutes to blend flavors
- Add ground chicken cook until brown sprinkle with the paprika, salt and pepper to taste
- Add tomatoes and chicken stock
- Simmer covered 15 minutes
- Add pasta simmer 15 minutes longer

- Add the parmesan cheese, spinach and herbs last 5 minutes
- Salt and pepper to taste.