

## **Goulash**

Serve with Chive Noodles.

Recipe Cookbook: 99% Fat-Free, Healthy Cooking

Prep Time: 40 minutes

Cooking Time: 20 minutes

### **INGREDIENTS:**

5 oz (1 small) white onion  
4 oz (about 1) carrot  
1 clove garlic  
8 oz (about 1) red bell pepper  
7 oz turkey breast tenderloin  
2 TBS water  
1/2 C diced tomatoes, canned, drained  
1/2 C dry white wine  
1/2 TBS paprika  
1/2 tsp salt  
1/2 tsp ground white pepper  
1/2 tsp dried marjoram  
1 tsp caraway seeds  
1/2 C nonfat cottage cheese  
2 TBS skim milk

### **DIRECTIONS:**

Peel & chunk onion and carrot - peel garlic - trim and chunk bell pepper. Combine in food processor & pulse about 10 times to chop roughly. Cut turkey into 3/4" cubes. Meanwhile, preheat medium nonstick saucepan over medium-high heat.

Transfer vegetables to the hot pan. Add water - cover/cook about 5 minutes, till vegetables are limp & tender. Stir in turkey, tomatoes, wine and seasonings. Cover and reduce heat to medium-low - simmer 15 minutes.

Combine cottage cheese and milk in food processor or blender - process or blend till smooth.

Remove pan from heat and whisk in cottage cheese and milk mixture.

Serves: 4