Goulash

Ground Turkey (or Ground Beef)

1 can Diced Tomatoes

1/2 pound elbow macaroni

1 onion, chopped

1 clove garlic crushed

Parmesan cheese

Cook the pasta according to package directions.

Reserve 1 cup of pasta water before draining.

Brown turkey in skillet.

Chop onions and garlic.

Add onions and garlic to turkey.

Add tomatoes to turkey mixture.

Bring mixture to a boil and and allow to simmer 2 minutes.

Add pasta to mixture. You can add reserved pasta water to thin sauce if it becomes too thick.

Sprinkle with Parmesan cheese.