

Skinny “Goulash”



The idea is to extend dishes with chopped up veggies to get a lot of volume without loading up on calories. For instance: minced frozen broccoli/cauliflower blend, shredded fresh spinach or kale, or diced fresh zucchini. Make sure the veggies are in very small pieces. Make taco, spaghetti, etc. fillings just like you usually would, but make about half as much, then add lots of minced veggies and a little more seasoning until you have the perfect blend of deliciousness. The idea is flavoring the veggies so they taste like the rest of the dish and not like you are eating a bunch of "plain vegetables". General examples are:

Taco Goulash: Serve in big lettuce leaves for delicious low calorie tacos!

Can of black beans (2 cans if making vegetarian version)

lean fried hamburger (or omit if vegetarian)

taco seasoning (can get in bulk section at WinCo)

minced frozen veggies

Spaghetti Goulash: Serve on whole wheat pasta or on baked potatoes. Yum!

Large can or jar of favorite spaghetti sauce

Lean fried hamburger (optional)

minced frozen veggies

garlic powder and pepper to taste

Sloppy Joe Goulash: Serve on whole wheat buns or with a baked sweet potato. Delish!

cooked lean hamburger

can of black beans (optional)

sloppy joe seasoning (either from can or from seasoning packet)

minced frozen veggies