



# Black Bean Goulash



## Ingredients:

16 oz macaroni (whole grain)

1 can black beans (or any bean of choice), drained and rinsed

1 can corn, drain and rinsed

1 green beans, drained and rinsed

2 cans diced tomatoes (I prefer petite)

1 TBS Italian Seasoning

1 TBS dried chopped onion

1 tsp paprika

1 tsp garlic powder

Cheese for topping.

## Directions:

In large pot bring water to boil, add elbow noodles. Cook about ten minutes or until done stirring occasionally.

Combine all canned vegetables in large pan with seasonings. Let simmer until noodles are cooked.

Combine noodles and vegetables. Mix well.

Top with shredded cheese and parsley. Enjoy!

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