



### **Quick & Easy Goulash**

1 can (19 ounce) Vege-Burger  
2 cups dry elbow macaroni  
2 cans (10 ounce) condensed tomato soup  
1 onion, chopped  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder

Directions: Cook the elbow macaroni per package instructions. Sauté the onions until just softened. Add the Vege-Burger and seasonings. Fry until browned. Stir in the tomato soup. Add a bit of water if you would like a thinner sauce. Heat through and serve.

*Submitted by J.V. of North Carolina*