

Recipe Name	Goulash		Food Groups per Serving	
Serves	50		Vegetables & Fruits	0.5
Serving Size	125 ml		Grains	0.5
Total Cost per recipe	\$41.65		Milk & Alternates	0.5
Total Cost per serving	\$0.83		Meat & Alternates	0
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Spaghetti, whole wheat	1.00	kg	5.840	0.117
Ground beef, lean	2.00	kg	4.360	0.087
Eggs	8.00	ea	1.993	0.040
Cottage cheese, 2%	1.00	l	8.380	0.168
Parmesan cheese, grated	500.00	ml	5.490	0.110
Pasta sauce	1.25	l	2.771	0.055
Mozzarella, part skim	250.00	g	7.335	0.147
Green pepper	500.00	ml	3.289	0.066
Mushrooms	500.00	ml	2.194	0.044
1. Break spaghetti into thirds and boil. Drain and cool.				
2. Mix spaghetti with slightly beaten eggs and Parmesan cheese. Pat into 9" pie pans or 9" x 9" square pans.				
3. Layer cottage cheese onto spaghetti.				
4. Brown hamburger with chopped onion and green pepper. Stir in tomato sauce and mushrooms. Simmer 20 minutes.				
5. Pour tomato-meat mixture onto "spaghetti crust".				
6. Sprinkle with mozzarella cheese and bake at 350°F (180°C) for 30 minutes. Leave to set about 10 minutes before cutting.				
Ensure the goulash has reached an internal temperature of 74°C or 165°F for a minimum of 10 minutes.				
Serve with green salad and whole wheat/grain bread.				
Substitutions: peas, chopped broccoli or zucchini for green pepper.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	