

Vegan Goulash

with Sweet corn, Black beans, Tomatoes with jalapenos and cilantro, red bell peppers, meatless ground beef and whole grain pasta!



Ingredients:

- 1 Package of Lightlife Smart Ground protein crumbles-Mexican style
- 1 Red Bell Pepper - Chopped in large sized pieces
- 1 Package sweet corn - I used organic frozen sweet corn
- 1 Can Organic Diced tomatoes with cilantro & Jalapenos included
- 1 Can Organic Whole Peeled Tomatoes
- 1 Can Black Beans
- 1 bag Whole Grain Macaroni Pasta - Makes 8 Servings!!

Start by boiling pasta till tender then drain.

While the pastas boiling crush up tomatoes- video example here <http://www.youtube.com/watch?v=SR3kupAULIM>

In a big pot combine protein crumbles and sweet corn - Heat them together on medium heat briefly. Than add in the rest - Undrained canned black beans, crushed tomatoes and diced tomatoes, red bell peppers and pasta.

Let it simmer for 20 to 25 minutes. Stir often.

add salt & pepper to taste. If you like it spicier, I suggest a little Tabasco!

Then serve it.

ITS THAT EASY!