

## **Carol's Goulash**

My friend Carol knows how to create a little magic for the kids by whipping together whatever she finds around my kitchen. This one was an instant hit and became "a regular" for a couple years.

**Sauté in a large stir fry pan or pot for about 8-10 minutes:**

**1 cup chopped onion**

**1 cup chopped red pepper**

**Then add the following and sauté 5 or more minutes:**

**1 cup chopped spinach (optional)**

**3 small zucchini half-ed and sliced**

**2 cups chopped asparagus (Trader Joes frozen makes it easy)**

**½ lb. sliced or chopped mushrooms (optional)**

**½ tsp garlic powder**

**½ tsp salt**

**1 tsp plus Italian seasonings**

**½ cup chopped cilantro or flat leaf Italian parsley (optional)**

**Now Add:**

**2 cups Old El Paso Mild Salsa**

**1 jar spicy red pepper marinara (not too spicy for the kids!)**

**½ cup tofutti sour cream or tofutti better than cream cheese**

Serve over eggless wide noodles.