

Goulash

Brown a small onion and 2 cloves of garlic, and 2 cups of Boco Crumbles

Cook 1 cup of macaroni and add

Add 3 1/2 cups of tomatoes

1 teaspoon salt, 1/8 teaspoon pepper

1 teaspoon dried basil

1 Tablespoon parsley

This serves about 4 people