Healthier Beef Goulash

Ingredients:
1 pound (93%) lean ground beef
1 tablespoon olive oil
1/2 bell pepper, chopped
1 small onion, chopped
1/2 cup, shredded carrots
10 ounces frozen corn
1 cup fresh mushrooms, sliced
1 10 oz can tomatoes and green chilies
1 15 oz can, tomato sauce
2 cups whole grain elbow macaroni, cooked & drained

Directions:
1. Brown ground beef.
2. Drain off any fat.
3. Set beef aside.
4. Heat the olive oil in a large skillet over medium-high heat.
5. Add bell pepper, and onion. Sauté for 2 minutes,
6. Add mushrooms and corn and continue sautéing for 1 minute, add carrots to the skillet and sauté for 2 minutes, stirring occasionally.
7. Add beef, cooked macaroni, tomatoes and green chilies, and tomato sauce to sautéed vegetables.
8. Simmer about 15–20 minutes.
9. Great with corn bread.