

American Goulash

Ready in: 30 minutes, \$2.26 per serving

Recipe by Carolyn Casner

Find this and other recipes at EatingWell.com

“American goulash, also known as old-fashioned goulash, is the perfect economical family meal. The pasta cooks right in the sauce, so this satisfying dish can cook in just one pot.”

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1½ cups chopped onion
- 1 pound lean ground beef
- 2 large cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- 1 (14 ounce) can no-salt-added diced tomatoes, undrained
- 1 (8 ounce) can no-salt-added tomato sauce
- 1 cup low-sodium beef or chicken broth
- 1¼ cups whole-wheat elbow macaroni
- Grated Parmesan cheese (optional)



Directions

- Heat oil in a large saucepan over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes. Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute. Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes. Add macaroni and cook, uncovered, stirring occasionally, until tender, 6 to 9 minutes. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan, if desired. To make ahead: Refrigerate Goulash for up to 2 days. Reheat before serving.



211 Maine: The Easiest Place to Start a Search for Any Kind of Resources

If you're on the hunt for just about anything—food resources, addiction treatment, veteran resources, MaineCare help, clothing banks, home health care, children's resources and much, much more—211 Maine offers information on connecting with lots of local resources and is a fantastic place to start. You have 4 options for connecting:

- 1) Dial 211 to reach out by phone and speak directly with 211 Maine staff
- 2) Send an e-mail to Info@211Maine.org
- 3) Text your zip code to 898-211
- 4) Search the online directory at 211maine.org

211 Maine staff is available 24/7 and there is no charge for this service.



80 Congress Ave
Bath, ME 04530
(207) 443-3116
December 2019

Family Scuttlebutt

Winter Community Events.....

Bath Municipal Band Holiday Concert, Saturday, December 14, 1pm, St. Mary's Church, 144 Lincoln Street, Free.

An Old-Fashioned Christmas in Bath, multiple free events throughout December: Children's Tree Lights, Tree Decorating, Letter Boxes for Santa, Trolley Caroling, Bright Night and more. Visit <https://visitbath.com/events/an-old-fashioned-christmas-in-bath/> for a full schedule.



Watch your mailbox next week for delivery of a \$25 Shaw's gift card, our gift to you.

Happy Holidays!

Our office will be closed on **Wednesday, December 25** & **Wednesday, January 1**.

We understand that when residents see Maintenance staff out plowing, they sometimes want to ask about the timeline for sanding, say hello, make a request or offer a thank you. Please hold off on all of these. Why? While plowing, it is very difficult for Maintenance staff to see people approaching the truck, and even harder to see anyone behind the truck. The goal of plowing is to make residents safer and to keep the buildings accessible to emergency vehicles and we want to avoid risking any injuries in the process. Thank you for your help in keeping winter clean-up as safe as possible by staying clear of the plow trucks and instead calling the office with any questions or feedback.



Applications Invited for Resident Commissioner

Bath Housing Authority is seeking a candidate to serve as a Commissioner for Bath Housing Authority. The Housing Authority has a 7-member Board of Commissioners, and 2 of the 7 must be residents of housing that is subsidized or assisted by programs of the United States Department of Housing and Urban Development. The Board of Commissioners is the legally and financially responsible governing body of a Public Housing Authority and the first line of accountability for the organization's performance. Being named a Commissioner is a great opportunity to serve your community. If you are interested in considering this, please contact Kristen at kmcevoy@bathhousing.org or 295-3317 for additional information and the application process.