

# **Bologna and Noodles**

## **Ingredients:**

1lbs Ring Bologna  
1 medium onion  
4 cloves of garlic  
2 tbs olive oil  
1 16 oz can stewed tomatoes  
1 16 oz can cream of celery soup  
½ cup milk  
1 tsp Italian seasoning  
1 tsp basil  
2 tbs chopped dried parsley  
1 tsp hot pepper sauce (optional)  
2 cups cooked wide egg noodles

## **Directions**

Cut up the bologna in ½ inch slices and brown the bologna in a large sauté pan.  
Drain the fat and set the meat aside  
Dice 1 medium onion & mince 4 cloves of garlic, Sauté in 2 tbs of olive oil 5 to 10 minutes.  
Add the meat back to the pan. Then add the rest of the ingredients:  
1 can stewed tomatoes  
1 can cream of celery soup  
½ cup milk  
1 tsp Italian seasoning  
1 tsp basil  
2 tbs chopped dried parsley  
1 tsp hot pepper sauce (optional)  
2 cups cooked egg noodles

**Mix all together**

**Simmer for 10 minutes.**

**Note-You can use low fat substitutes for the bologna and the cream of celery soup.**

**Also substitute whole wheat egg noodles for a low glycemic index.**