

GOULASH



4 persons / 525 kcal per person

Ingredients

- 2 onions
- 2 cloves of garlic
- 3 tablespoons of olive oil
- 750 grams of beef steaks
- 1 teaspoon caraway seeds
- 2 tablespoons mild paprika powder
- 1 chicken stock tablet
- 500 ml boiling water
- 400 grams of waxy potatoes
- 1 green bell pepper
- 2 (tasty tom) vine tomatoes
- pepper and salt

Preparation:

Chop the onions and finely chop the garlic. Heat the oil in a frying pan and fry the onion and garlic for 5 minutes on low heat. In the meantime, cut the meat into cubes of 1 x 1 cm. Add the meat, caraway seeds, paprika powder, pepper and possibly salt and fry for 5 minutes. Add the stock cube and

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boiling water and bring to the boil. Turn the heat to low and let it simmer for 2 hours with the lid on the pan at an angle. Stir occasionally. Peel the potatoes and cut them into cubes of 2 x 2 cm. Cut the bell pepper and tomato into pieces. Add the potato with the bell pepper and tomato to the meat. Stir and let it cook for 30 minutes with the lid on the pan at an angle.

Nutritional value per person:

Energy:	525 kcal
Protein:	41.5 grams
Carbohydrates:	26.1 grams
- including sugars:	4.4 grams
Fat:	27.1 grams
Fiber:	4.7 grams
Salt:	1.3 grams