

# Beef Goulash

PREP TIME: 15 mins

COOKING TIME: 15 mins

SERVES: 10

## Ingredients...

30ml sunflower oil

1.5kg beef chuck, cut into 2.5cm dice

400g finely chopped onion

5 crushed garlic cloves

2 large tbsp paprika

1/2 tsp lightly crushed caraway seeds

2 bay-leaves

2tbsp tomato puree

2.5 litres [Essential Cuisine Beef Stock Mix](#)

Twist of freshly ground pepper  
Sea salt seasoned to your taste

2 green peppers, de-seeded and cut into strips

8 large tomatoes, skinned, de-seeded and chopped

750g peeled baby potatoes  
2 pinches cayenne pepper

## Method...

1. Heat the oil in a large saucepan with a lid, add the beef and fry until browned on all sides, remove and keep warm

2. Add the onion and garlic to the pan in the remaining oil, fry gently until softened but with not too much colour

3. Stir in the paprika, caraway seeds, bay leaf and tomato puree, cook for a further 2-3 minutes, stirring frequently

4. Stir in the [Essential Cuisine Beef Stock Mix](#), return the beef to the pan and bring to the boil, season to your taste with sea salt and freshly ground pepper

5. Cover with a lid and simmer on top of the stove for about an hour, stirring occasionally

6. Add the green pepper, tomato and potatoes to the goulash and simmer for a further 30 minutes or until the meat and potatoes are tender. You may need to add more stock, the goulash should be a soup like consistency

7. Finally, check the seasoning, your Essential Beef Goulash is now ready to serve in warm bowls with a pinch of cayenne on top

## Chefs Tip

Try serving your Beef Goulash with herb spätzle, a cross between pasta and dumplings.