

## Goulash (Gulyás) Soup

### Vegetarian alternative:

Instead of using beef, add some beans to the pot instead (make sure you soak and cook them overnight first or buy them already cooked). You can substitute the chicken or beef stock with vegetable stock too.



### Ingredients:

3 tablespoons of olive oil  
1½ cups of onion  
¾ teaspoon of garlic (chopped)  
4½ tablespoons of paprika (sweet or hot)  
3 pounds of shin beef (top round) of stewing meat  
¾ teaspoon of caraway  
3 cups of chicken or beef stock  
3 cups of water  
¾ teaspoon of salt  
¾ teaspoon of black pepper  
4½ medium boiling potatoes (cut into small cubes)  
1½ pounds of tomatoes (peeled, seeded, chopped)  
3 medium green peppers (chopped)  
¾ teaspoon of marjoram

### Directions:

1. Heat oil in pan until light haze forms.
2. Reduce heat and add onions and garlic - over the fire it's not so easy to reduce heat - just watch it!
3. Cook 8-10 minutes
4. Take off stove and stir in paprika
5. Add beef, caraway, stock, water, salt and pepper
6. Bring to boil
7. Simmer for one hour (partially covered)
8. Add potatoes, tomatoes, peppers and marjoram
9. Cook for 35 minutes to 1 hour partially covered
10. Skim off surface fat
11. Enjoy!

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