
Goulash Soup

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 6

1/2 pound stew beef, cut into one-inch cubes
3/4 cup onion, finely diced
1/3 cup bacon fat or butter
1 to 2 tablespoons paprika
1 to 2 tablespoons vinegar
1/2 teaspoon caraway seed
2 teaspoons marjoram
1 to 2 teaspoons tomato paste (optional)
1 clove garlic, crushed
1/3 cup flour
5 cups good beef stock (or double strength beef bouillon)
3 to 4 raw diced potatoes

In a skillet, saute' the onion in butter or fat until golden. Stir in the paprika. Mix well. Add the vinegar.

In a bowl, combine the caraway seed, marjoram and crushed garlic. Add to the onion mixture. (For a brighter color, tomato paste can be added at this point.)

Add the meat and simmer slowly for 1 to 1-1/2 hours.

Sprinkle flour over the meat and add the stock. Cook the potatoes in a little salted water. Add to the soup. Heat well.

(This is a delicious thick soup. Excellent served on cold days with buttered black bread and beer.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 43 Calories; trace Fat (5.3% calories from fat); 1g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.