

Hungarian Goulash II

Carol Porter

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2 to 3 pounds beef (chuck or rump), cut in bite-size pieces
4 tablespoons hot fat
1 cup sliced onion
1 or 2 cloves garlic, minced
3/4 cup catsup
1 teaspoon vinegar
2 teaspoons paprika
1 teaspoon dry mustard
3/8 cup Worcestershire sauce
1 tablespoon brown sugar
2 teaspoons salt
dash red pepper
3 cups water
1/4 cup water
2 tablespoons flour.

In a skillet, brown the beef in four tablespoons of hot fat. Add the sliced onion and garlic cloves. Brown lightly. Mix well.

In a bowl, combine the catsup, vinegar, paprika, dry mustard, Worcestershire, brown sugar, salt and pepper. Mix well. Add three cups of water. Pour the mixture over the meat.

Cover and simmer for two to two and one-half hours.

Good over rice.

(Next day, if possible, heat and thicken with a mixture of 1/4 cup of water and two tablespoons of flour.)

Per Serving (excluding unknown items): 359 Calories; 2g Fat (4.1% calories from fat); 7g Protein; 87g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 7277mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fat; 5 Other Carbohydrates.