

# **Hungarian Sausage Soup**

Classic Potato Dishes

**Servings: 4**

**2 tablespoons olive oil**  
**2 onions, chopped**  
**2 cloves garlic, chopped**  
**1 tablespoon paprika**  
**1 pound potatoes, diced**  
**1 red bell pepper, deseeded and diced**  
**1 can (14 oz) chopped tomatoes**  
**1 tablespoon tomato paste**  
**1 fresh bay leaf**  
**2 teaspoons caraway seeds**  
**3 3/4 cups beef stock**  
**6 ounces kabanos sausage, sliced**  
**2 tablespoons chopped fresh parsley**  
**4 Tablespoons sour cream**  
**salt and pepper to taste**  
**crusty bread to serve**

Heat the oil in a saucepan and fry the onion over a high heat for 2 minutes. Add the garlic and paprika, and fry briefly.

Add the potato, red bell pepper, tomatoes, tomato paste, bay leaf, caraway seeds, stock and seasonng.

Cover and simmer for 10-15 minutes, then add the kebanos sausageand parsley, and cook for 2 minutes more.

Pour the soup into warm bowls and spoon a little of sour cream into each bowl. Serve with crusty bread.

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Per Serving (excluding unknown items): 251 Calories; 11g Fat (38.6% calories from fat); 6g Protein; 33g Carbohydrate; 5g Dietary Fiber; 6mg Cholesterol; 2045mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 2 Fat.