

Goulash Soup



what you need

- 500g John Penny stewing beef, cut into 4cm pieces
- 2tbsp olive oil
- 1 onion, chopped
- 1½tsp caraway seeds
- 3tbsp sweet paprika
- 500ml beef stock
- 3 garlic cloves, minced
- 1 baking potato, cut into cubes
- 1 parsnip, peeled and chopped
- 1 carrot, peeled and chopped
- 1 celery stalk, chopped
- 1 green pepper, diced
- 400g can tomatoes
- 6tbsp sour cream
- sprigs of parsley

Cooking time: 1 hr 20 mins

Serves: 8

how to cook

- 1 Preheat oven to Gas 4, 180°C, 350°F.
- 2 Heat oil in large pan and fry the beef for 5 minutes until golden. Add onion and caraway seeds and sauté until soft.
- 3 Add paprika and stir for 1 minute then pour over the beef stock. Bring to the boil, and then simmer until meat is just tender, about 40 minutes.
- 4 Add the garlic, vegetables and tomatoes. Simmer for a further 15-20 minutes until the vegetables are tender.
- 5 Allow to cool slightly then puree half of the mixture in a food processor until roughly chopped. Return to the pan and add a little more water if necessary to make a thick soup consistency.
- 6 Reheat and serve topped with sour cream and parsley.