

More than 1 hour

Serves 4

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Ingredients

- ¼ cup (60ml) canola oil
- 2kg beef goulash
- Salt and milled pepper
- 2 packets (250g each) PnP butternut and sweet potato mix
- 2 packets (250g each) PnP mixed vegetable express
- 2 onions, chopped
- 2 cloves garlic, chopped
- 1 packet (50g) brown onion soup powder
- 3 cups (750ml) water
- 2 Tbsp (30ml) chopped parsley
- Juice (60ml) of 1 lemon
- Rice, creamy mash or crusty bread, for serving

Method

1. Heat half the oil in a large cast-iron pot over hot coals.
2. Season goulash generously and fry in batches for 3-5 minutes each. Set aside.
3. Brown butternut and sweet potato, then mixed veg, in batches for 5 minutes each.
4. Set vegetables aside, keeping butternut and sweet potato separate.
5. Heat remaining oil and fry onion and garlic for 5 minutes until golden.
6. Return meat to pot and braise lightly for 5-8 minutes.
7. Adjust coals so that potjie is simmering over low heat.
8. Combine brown onion soup powder and water and pour over beef.
9. Cover with lid and simmer gently for 30-40 minutes.
10. Add butternut and sweet potato, cover and simmer for 15 minutes.
11. Add mixed veg, cover and simmer for 10-15 minutes or until cooked through.

12. Stir through parsley and lemon juice and season.
13. Serve immediately with either rice, creamy mash or crusty bread.

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