

Less than 1 hour

Serves 4

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Ingredients:

- 3 Tbsp (45ml) olive oil
- 800g beef or lamb goulash
- Salt and milled pepper
- 2 onions, chopped
- 2 cloves garlic, chopped
- 2 Tbsp (30ml) paprika
- 1 sachet (50g) tomato paste
- 1 can (400g) chopped and peeled tomatoes
- 4 cups (1L) beef or lamb stock
- 2 green peppers, sliced
- 2 stalks celery, sliced
- 2 small potatoes or 1 sweet potato, cubed
- Plain yoghurt or sour cream and chopped parsley, for serving

Method:

1. Heat half the oil in a large pot and brown meat in batches.
2. Season well, remove from pot and set aside.
3. Heat remaining oil and sauté onion until soft and golden.
4. Add garlic and fry for a minute.
5. Add paprika and tomato paste, then cook for a minute until fragrant.
6. Stir in tomatoes and stock and return meat to pot.
7. Cover and simmer for 45 minutes or until meat is soft.
8. Add in remaining vegetables and cook for 15 minutes or until tender.
9. Serve with yoghurt or sour cream and garnish with parsley.