

HUNGARIAN GOULASH

PREP: 1 hour

COOK: 1 hour 45 minutes

2 tablespoons vegetable oil

3 pounds beef for stew, cut into 3/4-inch chunks

2 large onions, chopped

2 large green peppers, cut into 1/2-inch pieces

3 celery stalks, sliced

1 garlic clove, minced

3 tablespoons all-purpose flour

2 tablespoons paprika

1 14 1/2- to 16-ounce can tomatoes

1 13 3/4- to 14 1/2-ounce can beef broth

1 1/2 teaspoons salt

1/4 teaspoon pepper

1/4 teaspoon caraway seeds

1/4 teaspoon dried marjoram leaves

6 medium-size all-purpose potatoes

1. In 8-quart Dutch oven over high heat, in vegetable oil, brown beef, one third at a time. Remove beef to bowl.

2. In drippings in Dutch oven over medium heat, cook onions, peppers, celery, and garlic until vegetables are lightly browned. Stir in flour and paprika; cook 1 minute.

3. Return beef to Dutch oven. Add tomatoes, broth, salt, pepper, caraway seeds, marjoram, and *6 cups water*; over high heat, heat to boiling. Reduce heat to low; cover and simmer 1 hour.

4. Peel potatoes and cut into 3/4-inch cubes. Add potatoes to soup in Dutch oven; over high heat, heat to boiling. Reduce heat to low; cover and simmer 30 minutes or until meat and potatoes are tender. Makes 10 main-dish servings.

Each serving: About 370 calories, 33 g protein, 25 g carbohydrate, 15 g total fat (5 g saturated), 75 mg cholesterol, 625 mg sodium.