

## Hungarian gulyás – Beef

Serves 4 - 6

1 lb. Lean beef (stew meat, round steak) ½ inch cubes

2 Tbs. sweet paprika

½ - 1 medium onion, chopped

Vegetable oil – just enough to fry meat & paprika

1 lb. diced red potatoes, unpeeled

1 large carrot, diced

1 small turnip or parsnip, diced

1/2 green pepper, ½ inch dice

1 14oz. Can diced tomatoes

1/4 tsp. Ground cumin

Fry the paprika & onion until onion is transparent. Add beef & fry until lightly browned. Add just enough water to cover & some salt, maybe 1/2 tsps. & simmer slowly for 30 min.

Add the root veg. & cook until done but still firm. Add tomatoes near end of cooking time & check the seasoning. It's OK to add salt & pepper, but main spice should be paprika, which you can add more of. People like to garnish it with sour cream & parsley, too.