



## German Goulash Soup\*

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prep time:  
20 minutes

cook time:  
1 hour

makes 6 servings

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### grocery list

#### **Enova Oil**

$\frac{1}{2}$  lb. beef stew cubes

large fresh onion and fresh garlic cloves

#### **Morton & Bassett Paprika**

tomato paste

German dry red wine and beef stock

fresh carrot and fresh celery rib

potatoes

#### **La Baleine Sea Salt**

#### **Morton & Bassett Ground Black Pepper**

\*Recipe courtesy of Chef Heinrich K. Aichem of the  
Black Forest Inn, Stanhope, NJ

# german goulash soup

2 tbsp. **Enova Oil**

1/2 lb. beef stew cubes

1 large fresh onion, minced

3 cloves fresh garlic, minced

3 tbsp. **Morton & Bassett Paprika**

2 tbsp. tomato paste

1 cup German dry red wine

8 cups beef stock

1 large fresh carrot, cut into 1/2-inch pieces

1 fresh celery rib, diced

2 potatoes, peeled and coarsely chopped

**La Baleine Sea Salt** and **Morton & Bassett**

**Ground Black Pepper** to taste

1. Place **Enova Oil** in large pot over medium heat. Sauté beef with onion and garlic in vegetable oil until beef is browned.
2. Stir in paprika and tomato paste. Deglaze with red wine. Add beef stock. Simmer and add carrot, celery and potatoes. Continue to cook until meat and vegetables are tender, about 1 hour. Add sea salt and pepper to taste.

Per Serving: 257 calories, 21g carbohydrate, 15g protein, 9g fat, 3g fiber, 24mg cholesterol, 156mg sodium

## cook's journal

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## kitchen tools

measuring spoons

cutting board

chef's knife

liquid measuring cup

paring knife

large pot

heatproof spoon or spatula

## recipe note

Try a red wine from grapes such as the *Dornfelder* or *Schwarzriesling*.

## a good idea

To save time, substitute precut stewing beef cubes.

