EASTERN EUROPEAN · DINNER · LUNCH

Gulyásleves: Hungarian Goulash Soup

140 min · Serves 6 · 492 kcal a serve · Video 5:04 · Kitchen Paprikash

Gluten-free ingredients · Dairy-free · Nut-free

A brothy beef and root-vegetable soup with no flour or cream: around 30 g of protein per serve plus zinc and vitamin B12 from the beef, and carrots, parsnips and potatoes for fibre and vitamin A.

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Ingredients 16 · SERVES 6

- [ ] 1.5 lb **beef chuck**, cut into 1 inch cubes
- [ ] 1½ medium **onions**, finely chopped
- [ ] 4–5 tbsp **oil** (olive oil used)
- [ ] 2 tbsp **paprika**, preferably Hungarian
- [ ] 1 **garlic** clove, halved
- [ ] ½ **green pepper**, stemmed and deseeded
- [ ] ½ **tomato**
- [ ] **water** to cover the meat, then 5 cups more
- [ ] 3 **carrots**, peeled and sliced
- [ ] 2 **parsnips**, peeled and sliced
- [ ] 2–3 **celery** stalks (or a piece of celery root), cut into 3–4 pieces
- [ ] 3–4 **bay leaves**
- [ ] 1 lb **red-skin potatoes**, peeled and cut into 1–1½ inches cubes
- [ ] 2 tbsp chopped **parsley**, plus extra to serve
- [ ] **salt** to taste
- [ ] **freshly ground black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cube the beef. Chop the onions, slice the carrots and parsnips, cut the celery into a few pieces, deseed the half pepper and halve the tomato. Peel and cube the potatoes and keep them in a bowl of water. 0:28
2. Warm the oil in a large pot and cook the onions gently until soft. Stir in the paprika, then the beef, salt, pepper and halved garlic, and cook over medium heat until the meat is seared all over. 2:08
3. Add the pepper and tomato with just enough water to cover the meat. Cover and simmer slowly until the beef is almost tender, about 1–1½ hours. 3:03
4. Pour in about 4¼ cups more water, add the carrots, parsnips, celery and bay leaves, cover and cook until the vegetables are half done. 3:23
5. Add the potatoes and cook until everything is tender. Season with salt, pepper and chopped parsley, and serve 3–4 ladles per person with extra parsley. 3:48

> **Tip** Add chilli or Hungarian hot pepper paste if you like heat. Serve with a slice of good rye or wholegrain bread. Freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
492 kcal	**29 g**	**33 g**
2,060 kJ	58% of a day	26 g net · 7.1 g sugars
		12% of a day

FIBRE	FAT	SODIUM
6.3 g	**28 g**	**480 mg**
23% of a day	8.1 g saturated	21% of a day
	35% of a day	

Energy from net carbs 22% · protein 25% · fat 53% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 78% · Zinc 60% · Selenium 46% · Vitamin B6 42% · Vitamin A 41% · Vitamin K 38% · Vitamin C 35% · Potassium 23% · Iron 23% · Vitamin E 23% · Folate 20%

Source of (10–19%) Omega-3 17% · Magnesium 16%

Recipe and video: Kitchen Paprikash (@kitchenpaprikash3888) on YouTube — youtube.com/watch?v=zA-w3tYPnNE, published 9 April 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/hungarian-goulash-soup