

# Beef Goulash

## Ingredients

500 g. beef	3 - 4 garlic cloves	caraway
300 - 400 g. potatoes, cut into small pieces	3 - 4 bay leaves	basil
1 carrot, chopped	turmeric	cilantro, chopped
1 medium onion, chopped	paprika	2 - 3 button mushrooms, chopped
12 tablespoons tomato paste	oregano	salt and pepper
500 ml water	parsley, chopped	

## Instructions

1. Preheat the frying pan, add oil, potatoes, salt, and fry over medium heat, about 15 minutes.
2. Meanwhile, cut the beef into chunks and dust with flour. Add beef, onions, and fry 10 - 15 minutes until brown.
3. Add water and the remaining ingredients, including salt, black pepper and herbs/spices to taste. Mix thoroughly.
4. Cover the pan with a lid and stew for about 60 - 80 minutes over low heat.