

Beef Goulash Soup

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Rated: ★★★★★

Submitted By: Sharon Wilson Bickett

Prep Time: 20
Minutes

Cook Time: 50
Minutes

Ready In: 1 Hour 10
Minutes

Servings: 16

"Paprika, cayenne pepper and caraway spice up tender chunks of beef, potatoes and carrots in this tantalizing tomato-based soup from field editor Sharon Wilson Bickett of Chester, South Carolina. She garnishes each bowl with a dollop of sour cream."

INGREDIENTS:

2 pounds boneless beef sirloin steak, cut into 1/2 inch cubes	3 cloves garlic, chopped
1 large onion, chopped	2 tablespoons paprika
1 large green pepper, chopped	1 tablespoon sugar
2 tablespoons olive or vegetable oil	1 teaspoon salt (bacon contains salt)
hot bacon grease	1/2 teaspoon pepper
3 medium potatoes, peeled and cubed	1/4 teaspoon cayenne pepper
3 medium carrots, chopped	2 bay leaves (10 ingredients to here)
4 cups beef broth	1 (28 ounce) can crushed tomatoes
1 cup water	1 (6 ounce) can tomato paste
	1 2 tablespoons caraway seeds
	Sour cream
	1/2 cup red wine vinegar

DIRECTIONS:

- In a Dutch oven over medium-high heat, cook and stir the beef, onion and green pepper in oil until meat is browned on all sides; drain. Stir in the next 10 ingredients. bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until potatoes are tender.
- Stir in the tomatoes, tomato paste and caraway seeds. Cover and simmer 25-30 minutes longer or until meat is tender. Discard bay leaves. Top each serving with a dollop of sour cream.

IMPORTANT:

Use real soup stock, either beef or chicken as a base. Add store-bought broth if needed to fill it out. Use Alton Brown's "True Brew IV:Take Stock" using a whole chicken (you must have BONES in this!). If you don't use real stock don't ask me why your version doesn't taste the same as mine.

Before starting fry eight slices of bacon until crispy. Remove bacon and allow to cool for later use. Fry sirloin chunks in hot bacon grease.

At this point add red wine vinegar, take crisply bacon slices between your hands and crumble into very fine bits into the mixture.

Additional notes: The caraway seeds add an important flavor but two tablespoons seemed too strong to me. Add/remove to your tastes. Standard brands of paprika work fine but for extra heat use Hungarian half-sharp or similar Paprika (Penzey's carries this) DJL 21-Dec-2011