

# Beef Goulash Soup

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Rated: ★★★★★

Submitted By: Sharon Wilson Bickett

Prep Time: 20  
MinutesCook Time: 50  
MinutesReady 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  
1 large onion, chopped  
1 large green pepper, chopped  
2 tablespoons ~~olive or vegetable oil~~ **hot bacon grease**  
3 medium potatoes, peeled and cubed → 3/4" or larger  
3 medium carrots, chopped  
4 cups beef broth  
1 cup water  
3 cloves garlic, chopped  
2 tablespoons paprika  
1 tablespoon sugar  
~~1 teaspoon salt~~ (bacon contains salt)  
1/2 teaspoon pepper  
1/4 teaspoon cayenne pepper  
2 bay leaves (10 ingredients to here)  
1 (28 ounce) can crushed tomatoes  
1 (6 ounce) can tomato paste  
2 tablespoons caraway seeds  
Sour cream  
1/2 cup red wine vinegar

## DIRECTIONS:

1. 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.
2. 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.

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

When using ground beef consider adding Worcestershire sauce for flavor.

OK, when using round steak instead of sirloin, bake it for 3 hrs at 250°F. Cut as indicated & use.

IMPORTANT: 27-Nov-2022

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.

4 to 5 thick  
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 crispy bacon slices between your hands and crumble into very fine bits into the mixture.

\* OK to use round steak, baked in Dutch oven for ~ 2-3 hrs at 250°F. Sirloin is also OK but reduce <sup>baking</sup> cooking time to ~ 1 hr.