

# GOULASH

## Equipment:

Measuring Spoons

Measuring Cup

3 Qt. Casserole dish with cover

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

## Ingredients:

1 lb. lamb shoulder chops 500 g

1 onion, finely chopped 1

1 clove garlic, minced 1

1 tbsp butter or margarine 15 ml

1 tbsp flour 15 ml

2 tbsp tomato paste 30 ml

1/2 tsp paprika 2 ml

1 small green or red pepper, cut into 1" (2.5 cm) cubes 1

1 cup beef broth 250 ml

1/4 cup sour cream 50 ml

## Procedure:

1. Trim fat and bones from meat and cut meat into 1" (2.5 cm) cubes.
2. Place onion, garlic and butter or margarine in a 3-quart (3 L) casserole dish.
3. Cook at **P7** 2 - 3 minutes.
4. Add flour, tomato paste and paprika and cook at **P7** for an additional 2 minutes.
5. Add lamb, pepper and broth.
6. Cover and cook at **P6** 24 – 26 minutes.
7. Stir in sour cream and serve with vegetables.

## Chefs Tip:

For added flavor, the meat could be browned in a pan prior to adding it to the dish.

Any meat could be substituted if folks don't prefer lamb.