



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Beef Goulash

Dana Gulaş



1.10 pounds beef goulash  
1 big onion  
1 big tomato  
5 long green peppers  
1 tbsp tomato paste  
7 tbsp vegetable oil  
2 tsp salt  
1 cup hot water

- # Hash the beef goulash.
- # Put the vegetable oil into a pot, when it turns red-hot add the meat, cook over high heat without covering the lid and stirring time to time.
- # When the water starts to evaporate, add the finely diced onion, mix and cover the lid on.
- # Remove the seeds of the peppers and slice them. When the onion gets par cooked, add the pepper slices.
- # Turn the heat to low, add 1 cup hot water, cover the lid on. Cook over low heat for 25 minutes without uncovering.
- # At the end of the time, add salt, cover the lid on again and cook for about 5-10 more minutes, remove from the stove.
- # When the vapour of the meal goes away from the lid, uncover it, and place the meal on the service plate. You can add fries while serving.

**Note:** This recipe is from Hungary.