



Czech Goulash (the Real Thing)

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lbs beef cubed
- 0.5 teaspoon pepper black
- 14 ounce catsup (preferably Heinz)
- 1 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 teaspoon paprika

- 1 teaspoon turmeric
- 2 tablespoons goat meat
- 2 teaspoons pickling spices
- 2 lbs fatty pork cubed
- 0.5 teaspoon bell pepper red
- 0.5 teaspoon salt
- 30 ounce stewed tomatoes diced
- 1 teaspoon sugar
- 1 cup onion sweet chopped (preferably)
- 10 ounce canned tomatoes canned (preferably Campbells)
- 1 teaspoon irish whiskey black good (I use Jack Daniels)
- 1 teaspoon vinegar white

Equipment

- bowl
- ladle
- pot
- dutch oven
- cheesecloth

Directions

- Heat oil in large dutch oven (large stew pot) on high heat.
- Combine beef and pork and begin to brown in oil on all sides. When meat is browned on all sides add onion; add enough water to cover the meat and onions mixture. Tie pickling spices in a cheesecloth or, use a metal tea ball only half full. Spices will expand while cooking. Drop cheesecloth or teaball into meat mixture. Simmer mixture for 45 minutes.
- Add ingredients from cans, diced tomatoes, tomato soup, and catsup; stir mixture well. Finally add all the spices as measured, the vinegar and the WHISKEY! Turn fire or heat to a low setting and simmer for 1 hour with lid on the pot. Check and stir frequently to prevent the bottom from scorching or burning. THIS IS ALL GOING TO MAKE YOUR KITCHEN SMELL AWESOME AS

IT SIMMERS-- After simmering for the 1 hour it is ready to serve in bowls with large spoons.OH YEAH< TAKE OUT THE PICKLING SPICE CONTAINER AND DISCARD TO THE SINK-- Ladle out and ENJOY!(AN OPTIONAL SERVING- Is to add 2 cups of egg noodles as you are simmering the soup till the noodles are tender. You may have to add a little more water for the noodles).

Nutrition Facts

PROTEIN **23.93%** FAT **61.13%** CARBS **14.94%**

Properties

Glycemic Index:45.26, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:28.576086676639%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 695.52kcal (34.78%), Fat: 47.42g (72.96%), Saturated Fat: 17.8g (111.28%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 23.48g (8.54%), Sugar: 17.5g (19.44%), Cholesterol: 164.53mg (54.84%), Sodium: 1024.05mg (44.52%), Alcohol: 0.18g (100%), Alcohol %: 0.05% (100%), Protein: 41.77g (83.55%), Selenium: 47.47µg (67.82%), Vitamin B1: 0.97mg (64.93%), Vitamin B3: 12.1mg (60.5%), Vitamin B12: 3.23µg (53.8%), Zinc: 7.69mg (51.26%), Vitamin B6: 1.02mg (50.91%), Phosphorus: 439.77mg (43.98%), Vitamin B2: 0.59mg (34.44%), Potassium: 1158.58mg (33.1%), Iron: 5.58mg (31.02%), Manganese: 0.46mg (22.86%), Vitamin C: 16.26mg (19.71%), Copper: 0.37mg (18.59%), Magnesium: 73.26mg (18.31%), Vitamin E: 2.64mg (17.58%), Vitamin B5: 1.65mg (16.53%), Vitamin A: 661.34IU (13.23%), Calcium: 106.1mg (10.61%), Fiber: 2.61g (10.43%), Vitamin K: 8.87µg (8.45%), Folate: 33.66µg (8.41%)