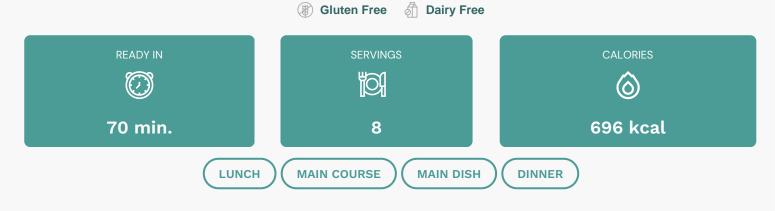


Czech Goulash (the Real Thing)



Ingredients

| 2 lbs beef cubed |
|------------------------------------|
| O.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, us 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



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, Kaempferol: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Quercetin: 3.33mg, 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%)