



Gulaschsuppe (Goulash Soup)



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cubes beef bouillon from cube
- 1 pound beef chuck cut into 1-inch cubes
- 1 tablespoon cornstarch
- 0.3 teaspoon marjoram dried
- 0.3 teaspoon garlic salt
- 1 large bell pepper green sliced
- 0.3 cup butter
- 2 cups onion thinly sliced

- 2 tablespoons paprika
- 1 dash pepper sauce hot to taste tabasco® (such as)
- 1 large bell pepper red sliced
- 3 ounce tomato paste canned
- 3 tablespoons water cold
- 1 teaspoon worcestershire sauce to taste

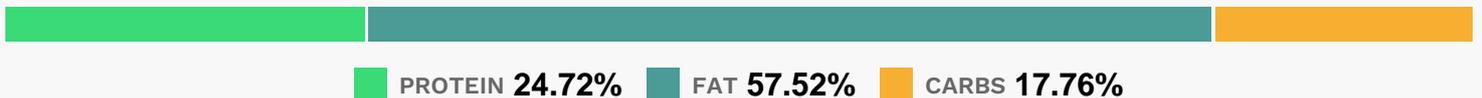
Equipment

- bowl
- pot

Directions

- Melt margarine in a large pot; cook and stir beef chuck until browned, about 10 minutes. Stir in onion, red bell pepper, and green bell pepper. Continue to cook and stir until vegetables are golden, about 10 minutes more.
- Add 1 1/4 cup water, tomato paste, paprika, and garlic salt. Simmer until beef is almost tender, about 1 hour.
- Stir 5 cups water and beef bouillon into beef and onion soup; continue to simmer until beef is tender, about 30 minutes more.
- Mix 3 tablespoons cold water with cornstarch in a bowl; pour mixture into soup. Bring soup to a boil, stirring constantly, until thickened, about 5 minutes. Season with Worcestershire sauce, marjoram, and hot pepper sauce.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:18.17000003483%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg,

Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.49mg, Quercetin:
11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 255.11kcal (12.76%), Fat: 16.82g (25.88%), Saturated Fat: 5.5g (34.4%), Carbohydrates: 11.69g (3.9%), Net
Carbohydrates: 8.65g (3.14%), Sugar: 5.03g (5.59%), Cholesterol: 52.16mg (17.39%), Sodium: 293.04mg (12.74%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.53%), Vitamin C: 62.4mg (75.63%), Vitamin A:
2487.05IU (49.74%), Zinc: 6.02mg (40.15%), Vitamin B12: 2.07µg (34.58%), Vitamin B6: 0.57mg (28.33%), Selenium:
16.16µg (23.08%), Vitamin B3: 4.16mg (20.81%), Phosphorus: 186.01mg (18.6%), Potassium: 542.29mg (15.49%), Iron:
2.64mg (14.66%), Vitamin E: 1.84mg (12.25%), Fiber: 3.04g (12.17%), Vitamin B2: 0.2mg (11.54%), Manganese: 0.2mg
(10.24%), Vitamin B1: 0.12mg (8.32%), Magnesium: 33.29mg (8.32%), Folate: 30.92µg (7.73%), Vitamin B5: 0.75mg
(7.5%), Vitamin K: 7.37µg (7.02%), Copper: 0.14mg (6.81%), Calcium: 44.35mg (4.44%)