



Hungarian Goulash Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef shoulder roast fat trimmed cut into 1 1/2-inch pieces
- ☐ 10 cups beef broth canned
- ☐ 1.5 teaspoons caraway seeds
- ☐ 1 carrots peeled chopped
- ☐ 1 celery stalks chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 bell pepper green cut into matchstick-size strips

- ☐ 3 tablespoons paprika sweet
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 parsnips peeled chopped
- ☐ 12 ounce baking potatoes peeled cut into 1-inch pieces
- ☐ 6 tablespoons cream sour
- ☐ 2 tomatoes chopped

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in heavy large pot over medium heat.
- ☐ Add onion and caraway seeds and sauté until onion begins to soften, about 8 minutes.
- ☐ Add beef and paprika; sauté until meat is brown on all sides, about 15 minutes.
- ☐ Add broth. Bring to boil, scraping up browned bits at bottom of pot. Reduce heat to low; simmer until meat is just tender, about 40 minutes.
- ☐ Stir potato, parsnip, carrot, and garlic into soup. Simmer until vegetables are tender, about 15 minutes. Stir in tomatoes, celery, and bell pepper. Simmer until vegetables and meat are very tender, about 15 minutes longer. Cool slightly.
- ☐ Transfer 3 1/2 cups soup to blender. Blend until smooth.
- ☐ Add to soup in pot. Stir in parsley. Season soup to taste with salt and pepper. (Can be made 2 days ahead. Cool slightly; chill uncovered until cold, then cover and refrigerate. Bring to simmer before serving.)
- ☐ Ladle soup into 6 bowls. Top each with 1 tablespoon sour cream.

Nutrition Facts



 **PROTEIN 33.31%**  **FAT 39.94%**  **CARBS 26.75%**

Properties

Glycemic Index:61.26, Glycemic Load:11.29, Inflammation Score:-10, Nutrition Score:31.509999980097%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 350.88kcal (17.54%), Fat: 15.79g (24.29%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 18.73g (6.81%), Sugar: 5.25g (5.83%), Cholesterol: 68.32mg (22.77%), Sodium: 1565.13mg (68.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.62g (59.24%), Vitamin K: 103.59µg (98.66%), Vitamin A: 4342.11IU (86.84%), Vitamin B6: 0.99mg (49.61%), Vitamin C: 38.53mg (46.7%), Vitamin B12: 2.8µg (46.67%), Zinc: 6.83mg (45.53%), Vitamin B3: 9.05mg (45.25%), Selenium: 29.18µg (41.69%), Phosphorus: 340.75mg (34.08%), Potassium: 1158.79mg (33.11%), Iron: 5mg (27.79%), Manganese: 0.49mg (24.49%), Vitamin B2: 0.38mg (22.16%), Fiber: 5.05g (20.19%), Vitamin E: 2.97mg (19.81%), Magnesium: 69.4mg (17.35%), Folate: 62.46µg (15.61%), Vitamin B1: 0.2mg (13.54%), Copper: 0.26mg (13.16%), Vitamin B5: 1.23mg (12.3%), Calcium: 96.93mg (9.69%)