

Goulash

Unit: 8 Qt. Roaster

Meat Mixture

- 2 - Lbs. of stew meat**
- 3 - Cloves of minced garlic**
- 1 - Tablespoon of paprika**
- 1 - Can of beef broth**
- 1 - Can of diced tomatoes**
- 8 - Mushrooms, sliced**
- 1 - Cup of Water**
- 1/2 - Tsp. of Thyme**

Topping

- 1 - Medium Onion sliced on #2 blade**
- 1 - Tbsp. of flour**
- 1 - tsp. Salt**
- 1 - 8 oz. can of tomato sauce**
- 2 - Medium potatoes on #3 blade**
- 2 - Bay leaves**
- Parsley**

Brown the beef, onion and garlic and flour in a 8 qt. roaster on medium heat. Add the remaining ingredients and turn to medium heat with the cover sealed on the unit.

Rotate the valve below the knob to open and cook until the valve whistles. Reduce the heat to medium-low heat and cook for 30-40 minutes or until the stew meat is tender.

If the valve continues to activate, reduce the heat a bit. Serve with rice or noodles