

Bean Goulash

1	15-oz	can butter beans	1	Tab	Hungarian paprika
1	lb.	can kidney beans	1	tsp.	ground cumin
1	lb.	smoked ham hocks or neck bones	1	tsp.	dried marjoram
1	lb.	beef stew meat	2	small	dried bay leaves
2	32-oz	Beef Broth or Water	2	medium	carrots peeled and thinly sliced
½	cup	olive oil or vegetable oil	1	large	parsley peeled and thinly sliced
1	medium	red onion, chopped	1	medium	celery root thinly sliced
4	cloves	garlic chopped	½	cup	fresh parsley leaves
8	small	cherry tomatoes halved	1	10 oz	sour cream
1	small	jalapeno pepper (optional)			Salt and black pepper to taste

- 1 Heat a large Dutch oven over medium-high heat.
- 2 Add one tablespoon of butter, the onion and the garlic to pan sauté 2 minutes.
- 3 Add the broth, beans, meats, garlic, tomatoes, parsnip, paprika, ground cumin, marjoram, bay leaves and peppers to the pats and cook for one hours, on medium heat.
- 4 Finally chop up the parsley and sprinkled over the soup coked on low heat for fifteen more minutes.
- 5 Stir occasionally.
- 6 Remove from heat and let cool.
- 7Blend some soup into the sour cream to keep it from curdling when you add it, then add it to the soup.

Servings: 10

Yield: 10-12

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 2 hours and 15 minutes

Total Time: 2 hours and 30 minutes

Nutrition Facts: Serving size: 1/10 of a recipe (12.9 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients

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Amount Per Serving	
Calories	414.51
Calories From Fat (60%)	250.57
% Daily Value	
Total Fat 26.66g	41%
Saturated Fat 7.57g	38%
Cholesterol 54.96mg	18%
Sodium 947.38mg	39%
Potassium 754.05mg	22%
Total Carbohydrates 22.88g	8%
Fiber 6.34g	25%
Sugar 2.28g	
Protein 22.05g	44%