**Goulash Soup**

Ingredients:

5ml olive oil

125g stewing beef

¼ of an onion

2ml caraway seeds

10ml paprika

1 clove garlic, minced

¼ of a baking potato

¼ of a carrot

¼ of a celery stalk

¼ of a green pepper

100ml canned tomatoes

Method:

1. Heat oil in large pan, fry meat for 5 minutes until browned
2. Add chopped onion and caraway seeds, sauté until soft
3. Add paprika
4. Bring stock to a boil, add meat mixture
5. Add garlic, vegetables and canned tomatoes
6. Let simmer for 40 minutes until veggies and meat are soft