

Beef Goulash



BEEF CUBES SIMMERED IN A RICH, FLAVOURFUL SAUCE AND SPICES. A CLASSIC THAT WILL NEVER GO OUT OF STYLE!

INGREDIENTS

- 30ml (2 Tbsp) cooking oil
- About 800g beef goulash cubes
- 1 medium onion, coarsely chopped
- 1 green pepper, seeded and thinly sliced
- 45ml (3 Tbsp) [Spur Durky Sauce](#)
- 125ml (½ cup) [Spur Hickory Basting](#)
- 125 ml (½ cup) water
- 1 medium tomato, coarsely chopped
- 15ml (1 Tbsp) tomato paste
- 10ml (2 tsp) sugar
- 5ml (1 tsp) [Spur Seasoning Salt](#)
- 5ml (1 tsp) [Spur Texas Steak Seasoning](#)
- 125ml (½ cup) sour cream, optional
- Chopped fresh coriander to garnish

METHOD

- Heat the oil in a heavy-based saucepan and fry the beef until golden brown.
- Add onions and pepper and sauté until soft.
- Add [Spur Durky Sauce](#), [Spur Hickory Basting](#), water, tomato, tomato paste, sugar and [Spur Seasoning Salt](#) and [Spur Texas Steak Seasoning](#).
- Bring to a boil, cover and reduce heat and simmer for about 45 minutes, or until the beef starts getting tender.



- Add more water if needed.
- Stir in the sour cream and simmer for a further 20 - 30 minutes.
- If needed, thicken the sauce with a little cornflour and water.
- Garnish with coriander and serve with potatoes or pasta.

Variations

- Substitute 250g (about 10) pickled onions for the onion.
- Substitute ½ can chopped tomatoes for the tomato.
- Add 200ml (1 sachet) [Spur Pepper](#) or [Spur Cheddar Melt Sauce](#).