

Hungarian Goulash Soup

3 tbsp olive oil

1 onion – chopped

1 ½ tsp caraway

1 pnd beef shoulder, fat trimmed and cut into 1 ½ inch pieces

3 tbsp Hungarian sweet paprika

10 cups canned beef broth

1 12-ounce russet potato peeled cut into 1 inch pieces

1 parsnip peeled and chopped

1 carrot peeled and chopped

3 garlic cloves minced

2 tomatoes chopped

1 celery stalk chopped

1 green bell pepper cut into matchstick strips

½ cup chopped celery

6 tbsp sour cream

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 broth. Bring to boil, scrapping up brown 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 ½ cups soup to blender. Blend until smooth. Add to soup in pot. Stir in parsley. Season to taste with salt and pepper.

Ladle soup into 6 bowls. Top each with 1 tbsp sour cream.