



## Goulash

300 gms of Skirt Beef  
220 mil of water  
1/3 packet of Passata  
One medium onion  
3 inches of garlic paste (or 2 garlic cloves)  
3 inches of tomato puree  
One Knorr lamb stock cube  
A little Bovril (1/2 a teaspoon)  
One heaped teaspoon of Paprika  
Two tablespoons of mixed peppers

Simmer the beef in the water after adding the stock cube, for two hours

Add the garlic, tomato puree, onion, Passata, Paprika and Bovril  
Re-heat, and simmer for 30 minutes.

Add the peppers and reheat, simmering for 10-15 minutes before serving.

Serve with boiled rice



This recipe has been brought to you by The Cream Of Tartar Company  
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