



Hungarian Goulash

1 can Loma Linda Vegetable Steaks, cut bite-sized
2 potatoes, cubed
1-2 carrots, chopped into bite-sized rounds
1 parsley root, chopped into bite-sized rounds
1-2 tomatoes, diced
1 medium onion, diced
1 small red pepper, diced
1 clove garlic, minced
1 tablespoon Hungarian paprika
½ teaspoon caraway seeds
1 tablespoon parsley, chopped
4 cups water
1-2 tablespoons vegetable oil
Salt, pepper to taste
1 package egg noodles, cooked per package directions

Directions: Heat the oil in a large pot. Add the onions with a spoonful of water and a pinch of salt. Cook slowly on low heat until the onions are clear. Add the garlic, caraway seeds, tomatoes and peppers. Cook a few minutes and then add the Vegetable Steaks and the paprika.

Add the water, carrots, parsley roots, potatoes and parsley.

Cook about 15 minutes until they are tender.

Serve on top of the egg noodles.

Submitted by Jane V. S. of California