



BEEF GOULASH

HEAT LEVEL 

Indulge in the rich and robust flavors of our Beef Goulash, a hearty dish featuring tender beef simmered to perfection in a savory blend of spices, creating a comforting culinary experience.

1 Hour 15 Mins

3 Servings

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

- 1 Heat the oil in a heavy-based saucepan and fry the beef until golden brown.
- 2 Add onions and pepper and sauté until soft.
- 3 Add Spur Durky Sauce, Spur Hickory Basting, water, tomato, tomato paste, sugar and Spur Seasoning Salt and Spur Texas Steak Seasoning.
- 4 Bring to a boil, cover and reduce heat and simmer for about 45 minutes, or until the beef starts getting tender.
- 5 Add more water if needed.
- 6 Stir in the sour cream and simmer for a further 20-30 minutes.
- 7 If needed, thicken the sauce with a little cornflour and water.
- 8 Garnish with coriander and serve with potatoes or pasta.

VARIATIONS

- 1 Substitute 250g (about 10) pickled onions for the onion.
- 2 Substitute ½ can chopped tomatoes for the tomato.
- 3 Add 200ml (1 sachet) Spur Pepper or Spur Cheddarmelt Sauce.

