

Goulash



Time: 105 min.

Difficulty: Medium

Ingredients (4 people)

• Ingredients

- Pomi L+ 500g 3 tablespoons
- Bay leaves to taste
- Beef stew in rather large cubes 2.2 lbs.
- Extra-virgin olive oil to taste
- Flour to taste
- Garlic to taste
- Marjoram to taste
- Red wine 2 glasses
- Rosemary to taste
- Salt to taste
- Sweet paprika to taste
- White onions 5

For this recipe we used:



Preparation

In a non-stick pan, sauté the onion with the oil; as soon as the onion gets golden, add the meat and let everything brown over medium heat.

Then pour the red wine, a tablespoon of flour and sweet paprika, **Pomì L+**, marjoram, bay leaves, garlic clove and rosemary. Adjust the salt and let bake on low heat for at least 1 hour and 30 minutes, stirring occasionally. Add water if the meat dries too much during cooking.