

Beef Goulash Soup

Servings : 6

| Amount | Measure | Ingredient - Preparation Method |
|--------|-------------|------------------------------------|
| 2 | tablespoons | extra virgin olive oil |
| 1 | large | onion - finely chopped |
| 2 | cloves | garlic - minced |
| 1/4 | cup | sweet hungarian paprika |
| 2 | teaspoons | caraway seed - chopped |
| 1 | pound | ground beef sirloin |
| 2 | tablespoons | tomato paste |
| 14 | ounces | diced tomato |
| 1 | cup | roasted red pepper - thinly sliced |
| 1 | quart | low sodium beef broth |
| | | salt and pepper |
| 4 | ounces | wide egg noodles (2 cups) |
| | | sour cream or creme fraiche |

In a large Dutch oven, heat the oil. Add onion and garlic and cook over moderate heat until softened. Add the paprika and caraway and cook for 1 minute. Add the beef and cook, breaking up the meat, until no longer pink, 3 minutes. Add the tomato paste, diced tomatoes with their juices, red peppers, broth and 1 cup of water. Season with salt and pepper and bring to a boil. Cover partially and simmer for 25 minutes.

Meanwhile, in a saucepan of salted boiling water, cook the noodles until al dente. Drain.

Add the noodles to the soup and cook for 2 minutes. Ladle soup into bowls, and garnish with a dollop of sour cream or creme fraiche.