

SIMPSON ST. MEAT & DELI – Alex Chudyk

Goulash

Meat (your choice beef, pork, etc.)	cubed
10% cream (½ & ½)	1 litre, approx
onion	1 large
seasonings	1 – 2 pkg
<i>(kebab-gyros spice available from Simpson Meat & Deli)</i>	
butter	3 tbsp, approx.

Sauté onions with butter. Add cubed meat and cook till brown and meat is well done, approx ½ hour. Sprinkle pkgs of seasonings on meat and onions and stir. Add cream and cover to let steam and thicken for a few minutes. This can also be cooked in a slow cooker – add all ingredients and let simmer all day.

Serve over noodles or mashed potatoes and enjoy!