

Main dish, Slovenian

Bograc (Slovenian Goulash Soup)



Servings: 4

Optional Ingredients: rosemary; red or white wine (Add wine before covering with water.)

12 ounces beef stew meat, cubed
12 ounces pork shoulder roast, cubed
1 large onion, sliced
2 large cloves garlic, chopped
1 each green pepper, sliced
1 teaspoon caraway seed
1 tablespoon paprika (half hot - half smoked)
1/2 teaspoon marjoram
salt and pepper to taste
1/2 cup crushed tomatoes
1 pound potatoes, cut in chunks
water to cover
olive oil
(other options: rosemary; red or white wine)

Brown onion in olive oil, using a large pot or Dutch oven. Add garlic and continue to brown. Remove to another bowl. Add meats to oil left in pot and brown. Add green pepper and spices and continue to brown. Return onion and garlic to the pot. Add crushed tomatoes and enough water to cover. Simmer until meat is tender and almost done. Add potatoes and simmer another hour. Taste and adjust seasonings. Serve garnished with parsley.

Per Serving (excluding unknown items): 421 Calories; 19g Fat (41.5% calories from fat); 33g Protein; 29g Carbohydrate; 4g Dietary Fiber; 92mg Cholesterol; 141mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.