

## HUNGARIAN GOULASH

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
382 cal	37 g	30 g	12 g	104 mg	637 mg	40 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	10-1/2 lbs	1 gal 1 qts	
ONIONS,FRESH,CHOPPED	7-1/2 lbs	1 gal 1-1/3 qts	8-1/3 lbs
PAPRIKA,GROUND	3-7/8 oz	1 cup	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
WATER,COLD	2-1/8 lbs	1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
WATER,BOILING	100-1/3 lbs	12 gal	
NOODLES,EGG	9 lbs	6 gal 2-7/8 qts	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Place beef, hot water, onions, paprika, salt, garlic powder, pepper and thyme in steam jacketed kettle. Bring to a boil. Reduce heat; cover; simmer about 2 hours or until beef is tender. Skim excess fat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Combine cold water and flour to make a smooth mixture. Stir in beef mixture until well blended. Return to boil; reduce heat; cook 10 minutes or until thickened. CCP: Hold for service at 140 F. or higher.
- 3 Add noodles to boiling salted water, while stirring constantly. Cook 8-10 minutes. Stir occasionally. Do not overcook. Drain thoroughly.
- 4 Serve 3/4 cup (6 oz) goulash with 1 cup noodles.