ZEBRA GOULASH

Prep: 35 mins
Total: 3hr 35 mins
Serves: 6-8 ppl

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Ingredients

900 g sliced onions
2 tbsp olive oil
1 kg Zebra Goulash
2 cloves garlic, minced
2 tbs paprika
1/2 tsp cayenne pepper or chili flakes
1/4 tsp cumin
1 tsp brown sugar
1 red bell pepper, sliced
1 ripe red tomato, diced
1/2 cup beef broth, water, or red wine

Method

1. Place a large braising pot with a tight fitting lid over high heat and sauté the onions in the oil until slightly brown in color (about 10 minutes).
2. Add all of the remaining ingredients and bring the liquid to a boil. Reduce the heat and cover with the lid; cook for 15 minutes until the vegetables look limp and have released their water.
3. Uncover the pot and cook the goulash until the onions are melted and the Zebra is tender; about 3 hours. It may be necessary to add a little liquid from time to time depending on the rate of reduction.
4. Serve the goulash with butter noodles, steamed rice, or potato.