

Daddy's Coal Miner Goulash

Makes 8 to 10 servings

1/3 cup vegetable oil
2 pounds beef stew meat
2 medium onions, chopped
2 ribs celery, chopped
1 cup chopped cabbage
1 clove garlic, chopped
2 teaspoons flour
½ teaspoon salt
1 teaspoon dried parsley
1 teaspoon paprika
1 can (15 to 16 ounces) tomatoes
1 can (15 to 16 ounces) tomato sauce
1 teaspoon hot sauce
4 beef bouillon cubes
1 cup water
Hot cooked noodles (optional)

In a large pot, heat oil over medium-high heat and brown beef in oil on all sides. Add onions, celery, cabbage and garlic, reduce heat to medium and cook until tender, about 10 minutes. Blend in flour, salt, parsley and paprika. Add tomatoes, tomato sauce, hot sauce, bouillon and water.

Bring to a boil over high heat. Reduce heat, cover and simmer (do not boil) about 1 ½ hours, stirring occasionally, until meat is tender. Serve with hot cooked noodles, if desired.