



# That Good Navy Chow!



## BEEF GOULASH

Portion: (approx. 6-8 ounces)

100 Portions

### Ingredients

Beef, bone-in, or	50 pounds
Beef, boneless	35 pounds
Onions, chopped or sliced	5 pounds (3 $\frac{3}{4}$ quarts)
Beef or bacon fat	1 pound (1 pint)
Garlic, minced	(3 cloves)
Salt	4 ounces ( $\frac{1}{2}$ cup)
Paprika	1 ounce (4 $\frac{1}{2}$ tablespoons)
Tomatoes	12 pounds, 12 ounces (2 No. 10 cans (6 $\frac{1}{2}$ quarts))
Flour	

Cut meat into 1-inch cubes.

Cook onions in fat until clear. Add meat. Cook until browned.

Add garlic, if available, salt and paprika.

Add tomatoes. Cover pans tightly. Let simmer about 3 hours or until beef is tender. Add more liquid as needed.

Drain liquid from meat. Stir in enough flour to thicken slightly.

Combine gravy and meat. Reheat.

Note.-1. 1 $\frac{1}{4}$  gallons stock or water may be used in place of tomatoes.

2. Serve goulash with or on cooked rice.

### Variation

Lamb or Veal Goulash

An equivalent amount of lamb or veal may be used in place of beef.

Source: The Cookbook of the United States Navy, Revised 1944