

Sauerkraut Goulash

Yield: 8 servings

Ingredients:

2 tablespoon olive oil
3 cloves garlic, minced
1 cup chopped red onions
2 green peppers, chopped
2 teaspoons celery seed
1 16-ounce can dark red kidney beans
1 14-ounce can of sauerkraut, or a pint of homemade
1 15-ounce can tomato puree
1 tablespoon Hungarian paprika
1 cup water
salt and black pepper to taste

Procedure:

In a 4- or 5-quart Dutch oven, saute the garlic, onions and peppers for 5 or 10 minutes on medium heat. Add celery seed, kidney beans, sauerkraut, tomato puree, paprika and water. Simmer slowly for about 30 minutes. Adjust flavor with salt and black pepper. Serve with your favorite pork chops, parsley-buttered egg noodles and thick slices of rye bread.

about 130
calories and
5 grams of fat
per serving

A serving of this goulash recipe provides fiber from the beans and vegetables; vitamin A from the tomatoes, paprika and peppers; iron from the kidney beans; and a full day's supply of vitamin C from the peppers and sauerkraut.

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