



## Cooking For One

### Beef Goulash

1 tsp rapeseed or vegetable oil  
1 small onion, halved and chopped  
1 garlic cloves, sliced  
3oz extra lean minced beef  
¼ tsp caraway seeds  
½ tsp smoked paprika  
400g can chopped tomatoes  
6floz beef stock  
1oz red lentils  
½ medium sweet potato, peeled and diced  
¼ green pepper, deseeded and diced

Supercharged topping:  
2oz pot natural bio yogurt  
parsley, chopped

1. Heat the oil in a large pan, add the beef, and fry for 3-4 mins until starting to colour. Stir in the onion and garlic, decrease the heat.
2. Add the caraway and paprika, stir well, then tip in the tomatoes and stock. Cover and leave to cook gently for 5 mins.
3. Stir in the sweet potato and green pepper and lentils, cover and cook for 20 mins more or until tender. serve topped with the yogurt and parsley (if the soup is too hot, it will kill the beneficial bacteria in the yogurt).

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