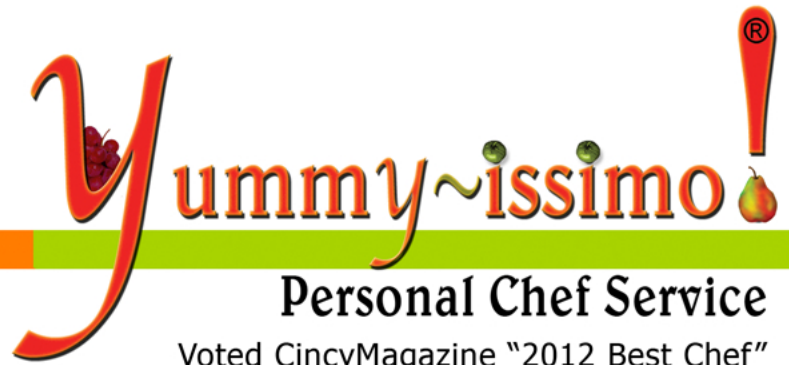


Russian Goulash



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

From: www.olgasflavorfactory.com

Serves 4

Olive oil	3 carrots, peeled, shredded	1 bay leaf
2 pounds stew meat	1 garlic clove	1 1/2t paprika
1 large onion, finely chopped	1T tomato paste	1t chili powder
	2T flour	3c beef broth

Heat oil in heavy skillet over high heat. Brown the meat well on all sides. Add onion, season to taste with salt and pepper and cover. Cook on medium heat 5 minutes.

Add carrots, garlic, tomato paste, flour, bay leaf, paprika and chili powder. Stir well to incorporate all of the flour into the mixture.

Add beef broth, a little at a time, scraping up the browned bits from the bottom of the skillet. Cover and simmer 2 hours. Remove bay leaf before serving.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

Debbie Spangler ~ Certified Personal Chef

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