

# Ghoulash aka Goulash



## Ingredients:

- 1 ½ lb** Assorted mushrooms (whatever kind you're into)
- 1** Large onion
- 2** Medium sized carrots
- 2** Bell peppers
- 1** Hungarian pepper
- 12 oz** Diced tomatoes
- 4 cups** Veggie broth
- ½ tsp** Caraway seeds
- 3 tbsp** Paprika
- ½ tsp** Marjoram
- ¼ Cup** Flour
- Salt, pepper, butter, oil

## SPOOKY STEPS

1. Add butter and some oil to a pan and place over medium high heat.
2. Chop your peppers and onions into medium sized pieces, but not too medium.
3. Dice up your mushrooms and toss them in flour.
4. Add mushrooms to the pan and brown them on all sides. I'm not sure how many sides your mushrooms have, but get them all.
5. Remove the mushrooms for now. I guess I could have said to subtract them.
6. Add a bit more butter and oil to the pan.
7. Add the onions to the pan and lower the heat to medium.
8. When the onions are translucent, add in the peppers and a pinch of salt and pepper. If your onions are transparent, you've either gone too far or forgot to add them.
9. Saute until peppers are soft.
10. Add the paprika, caraway seeds and marjoram and stir them in.
11. Add those mushrooms back in.
12. Add the veggie broth and tomatoes, stir them up and bring to a low boil.
13. Chop up the carrots and add them in. Maybe eat one first as a little treat for yourself. You deserve it.
14. Turn the heat down and stir every 15 minutes for an hour and a half, or until thickened like a hearty stew.
15. All done. Serve over mashed potatoes, butter noodles or just in a bowl by itself.