

## Czech Goulash Soup (Gulas')



¼ lb lean pork, cut into bite size pieces  
 1¼ lb stewing beef, cut into bite size pieces  
 7 cups water  
 3 to 4 potatoes, cut up      ½ cup barley  
 ¼ cup onion, chopped      2 carrots, sliced  
 1 tablespoon celery, diced  
 1 teaspoon parsley flakes  
 1 glove garlic, minced      1½ teaspoon salt  
 1 teaspoon celery salt      ¼ teaspoon paprika  
 1 teaspoon chili powder      ⅛ teaspoon pepper

Boil ingredients above until tender.

1 tablespoon cornstarch      8 large gingersnaps  
 water      ½ cup water

While meat and vegetables are cooking, blend cornstarch with enough water to dissolve. Dissolve gingersnaps in ½ cup water. When meat is done, add gingersnaps and cornstarch mixture.

2 cups ketchup      1 tablespoon brown sugar  
 ½ cup water      2 tablespoons vinegar  
 ½ can red kidney beans (optional)

Add ketchup, brown sugar, vinegar, water and ½ can red kidney beans if desired.

"A favorite Christmas soup passed down for generations."

Recipe submitted by  
**Tiffany Pokorny**  
Norfolk Office Products Specialist



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