KIKKOMAN

Goulash soup with beef, pork, and chicken

Total time **65 mins** **15 mins** preparation time **50 mins** cooking time

Nutritional facts (per portion):
2,175 kJ / 520 kcal

Fat: **33 g** Protein: **45 g**
Carbohydrates: **10 g**

INGREDIENTS

2 portion(s)

150 g	beef neck, cubed (2 x 2 cm)
150 g	pork shoulder, cubed (2 x 2 cm)
150 g	boneless chicken leg, cubed (2 x 2 cm)
1	onion, diced
2	garlic cloves, chopped
1	red pepper, diced
4 tbsp	olive oil for cooking
2 tbsp	tomato puree
700 ml	beef or vegetable stock
1 tsp	paprika powder
0.5 tsp	cumin seeds
80 ml	Kikkoman Teriyaki Marinade
50 g	feta cheese, crumbled
80 g	black olives, sliced
1	lemon, in wedges
10 g	fresh parsley, chopped (for garnish)

PREPARATION

Step 1

1 onion, diced - **2** garlic cloves, chopped - **1** red pepper, diced - **150 g** beef neck, cubed (2 x 2 cm) - **150 g** pork shoulder, cubed (2 x 2 cm) - **150 g** boneless chicken leg, cubed (2 x 2 cm) - **4 tbsp** olive oil for cooking
Heat the olive oil in a large pot over a direct flame. Add the diced onion and fry until translucent. Stir in the chopped garlic and diced pepper and cook until they soften. Add the cubed beef neck, pork shoulder, and chicken leg to the pot, and brown the meat on all sides.

Step 2

2 tbsp tomato puree - **1 tsp** paprika powder - **0.5 tsp** cumin seeds - **700 ml** beef or vegetable stock - **80 ml** Kikkoman Teriyaki Marinade - **50 g** feta cheese, crumbled - **80 g** black olives, sliced - **1** lemon, in wedges - **10 g** fresh parsley, chopped (for garnish)
Stir in the tomato puree, paprika and cumin seeds and cook for another minute. Pour in the beef or vegetable stock, and bring to a simmer. Cook for 35-40 minutes, or until the meat is tender. Season the soup with the Kikkoman Teriyaki Marinade. Serve the goulash soup hot, garnished with the crumbled feta, sliced olives, lemon wedges and chopped parsley.