

## Goulash Soup

Usually I make this soup with beef, either the end of a roast or leftover mince. I also have a teenager with hollow legs, so I made this pork version on a miserable July day to fill him up at lunch time (hopefully)!

Serves 6 - 8

200g pork mince  
3 rashers streaky bacon, chopped  
1 tbsp oil  
2 medium onions, chopped  
2 medium carrots, chopped  
1 large stick celery, chopped  
2 large potatoes, chopped  
3 cloves garlic, chopped  
2 tbsp paprika  
1 tsp chilli powder  
1 tsp caraway seed  
2 tins chopped tomatoes + 2 tins water  
1 tbsp soft brown sugar  
Handful of parsley  
Salt & pepper



1. Heat the oil in a large pan, add the bacon and pork mince. Fry over a high heat to brown and cook.
2. Add the onions, carrots, celery, potatoes and garlic, stir to mix everything together, then add the paprika, chilli powder and caraway seed. Stir again and add the tomatoes and water.
3. Bring to the boil, put a lid on the pan and simmer for 20 minutes.
4. Add salt and pepper to taste, stir through the sugar and serve topped with a little parsley.

## Hints, Tips and Adaptations

*Gluten free, dairy free, use soya mince & omit the bacon to make this soup vegetarian.*

*Use beef mince instead of pork.*

*Freezable, re heats in the microwave.*

*Top with sour cream or yogurt if it turns out too spicy.*