



Geschmack & Technologie

AVO FIX Cuisine Goulash Soup "Tyrolean Style"

Recipe number:
ER2200669

Starting material:

0.40 kg Beef for goulash cut into small cubes
0.50 kg Water

Seasonings & additives:

0.60 kg AVO Fix Cuisine Goulash Soup 3.760.000
"Tyrolean Style"

Preparation:

Briefly fry the unseasoned beef.

Pour in the water.

Add the AVO Fix Cuisine for Goulash Soup and mix everything together thoroughly.

Depending on the size of the piece of meat, simmer in a covered saucepan for approx. 1.5 to 2 h, stirring repeatedly. If required, add more water to make up for the liquid lost during cooking.

EU Food Information Regulation:

Potable water, beef, vegetables (bell pepper, onions), potatoes, water, spices, table salt, modified starch, flavouring, beef extract, caramelised sugar syrup, thickening agent: E 415 Xanthan gum, preservative: (E 202 Potassium sorbate, E 211 Sodium benzoate), acidifier: E 330 Citric acid, smoke flavouring

Analysis:

Calorific value KJ	236KJ
Calorific value Kcal	56Kcal
Fat	1.2g
Saturated fatty acids	0.5g
Carbohydrates	4.4g
Sugar	0.7g
Protein	6.4g
Sodium	0.4g
Salt	1.1g