

Grandma's Goulash

submitted by
Jean Marks
 from Albany



Ingredients

- (2) large knuckle or soup bones (marrow)
- 1 ½ lbs lean stew beef cut into 1-inch cubes
- (2) 28 oz. cans of diced tomatoes
- 1 tablespoon salt
- 1 (12-oz.) package of no-yolk egg noodles



Add pepper & Worcestershire sauce instead of salt.



Substitute rice or whole wheat noodles instead of egg noodles.

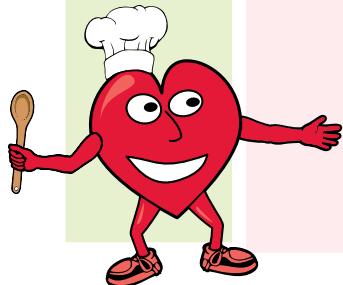
Instructions

- Put bones and meat in a large pot, cover with water.
- Add salt (and other spices) and bring to a boil.
- Cook for 1 ½ hours, skim top as needed.
- Add tomatoes and noodles to the pot.
- Reduce to low-heat, cook for an additional ½ hour.

I grew up in Albany during the Great Depression. At that time money was in short supply and it was hard to feed a large family. My family lived in a 2-family house - we lived upstairs, my grandparents lived downstairs and my Aunt and cousins lived a few houses away.

Mom and dad both worked and my grandfather was lucky enough to find work for NY Central Railroad for a steady income. Therefore, it was often up to my grandmother to cook for everyone. It wasn't unusual for grandma to cook several times a week to feed her children and grandchildren, there were often 10 to 12 family members at the table.

Grandma served many delicious meals, mostly stews and soups, occasionally a roast, but this recipe is one of my favorite recipes and has become my family's favorite even today. I think if you try it, it will become one of your favorites too!



Nutrition Facts

Serving Size 1/11 of recipe 443g (362 g)
 Servings per container 11

Amount Per Serving

Calories 220 Calories from Fat 39

% Daily Value*

Total Fat 4g	7%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 39mg	13%
Sodium 866mg	36%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 19g	

Vitamin A 25% • Vitamin C 55%
 Calcium 4% • Iron 17%

*Percent Daily Values are based on a 2,000 calorie diet.
 Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

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