

## Potatoes Paprikash

From: Matthew Foster – Canada

An alternate way to dress up potatoes. This recipe is based on a Hungarian recipe I used to make years ago.

- Vegetable Oil
- Potatoes peeled and halved
- 1 Large Onion
- 1 or 2 cloves garlic, chopped
- Black pepper
- Paprika
- Thyme
- Chili Pepper Flakes or equivalent
- ¼ can of tomatoes or equivalent
- Salt
- garlic powder

Put a few tablespoons of oil in a Dutch oven or large pan with a close fitting lid.  
Heat the oil and add the potatoes. Fry over medium heat while turning to brown.  
Add the onion and fry to soften  
Add the garlic. (Do not overcook the garlic)  
Liberalily sprinkle with paprika  
Add a little thyme  
Add salt and pepper, pepper flakes and a little garlic powder  
Add some water to stop the frying process  
Add some tomatoes or tomato sauce  
Add some more water. (note the water will boil away during the cooking process and leave a nice rich sauce)  
Cover with a tight fitting lid  
Cook slowly on the stove top for about 20 minutes stirring occasionally  
Add a little water, as necessary, to keep the consistency of the sauce correct.

### OPTIONS

Cook the whole thing in the oven. This should take less attention than the stove top method.  
Change the salt to 'chicken flavour soup base'  
Use a spicy tomato sauce  
Vary the spices with Oregano or Marjoram or whatever suits you.

Source: International Vegetarian Union website

## Rizseslecsó

From: Pal, Clinton Township, MI, USA

Hungarian recipe, 4 servings, 15 minutes (until rice cooks)

- 1 pound white rice
- 2 fresh tomatoes-diced or 1 can tomato paste-
- 1 large yellow onion
- 3 medium size yellow bell peppers-chopped
- 3 Hungarian peppers-chopped
- salt to taste
- black pepper to taste
- 3 tablespoons sweet and or hot hungarian paprika
- 1/3 cup sunflower oil

Chop the onion into small pieces, put in hot oil until it becomes transparent.

Take the pan off of the heat so that it doesn't burn.

Take a small amount of the onion out of the pan and put in a second pot with the unboiled rice.

Sautee the rice with the onion briefly, then add water and a pinch of salt and let to boil.

Add 3 tablespoons of paprika to the first pan, mix until it is dissolved into the oil and onion, then put it back to the burner.

Add half cup of cold water, then add salt and pepper to taste.

When it boils, add chopped bell, hungarian peppers and tomatoes (or paste).

Add more water until veggies are covered, and bring to a boil. Lower the heat and let to simmer for 5 minutes.

Pile rice and onion on a plate and put a generous heap of the peppers and tomatoes right on top.

Jo etvagyat! (Bon Appetit!)

Rice can be cooked with the lecsó (peppers, tomatoes and sauce) as well instead of separately.

Source: International Vegetarian Union website

## Spicy Bean Goulash

**Captures the authentic flavor of Hungary.**

*Recipe for Spicy Bean Goulash, contributed by Janey Macleod*

This vegan version of the classic Hungarian dish is rich in flavor and texture. Served with brown rice, it makes a satisfying and nutritious meal for four.

- 2 tblsp. oil
- 1 large onion, sliced
- 3 medium peppers (preferably one each of green, red and yellow), cut into small chunks
- 8 oz (225 g) mushrooms, sliced
- 1 large potato, diced
- 2 cloves of garlic, minced
- One 14-oz (400 g) can of tomatoes
- ¼ tsp. chili powder
- ½ tsp. paprika
- One 14-oz (400 g) can of kidney beans, drained and rinsed
- Seasoning to taste

Sauté the onion in the oil for about five minutes. Add the peppers, mushroom, potato and garlic, and cook for another five minutes. Add the remaining ingredients. Simmer slowly for 20 - 30 minutes.

*Recipe for Spicy Bean Goulash (March 2003)*

Source: [www.veg-world.com](http://www.veg-world.com)