Hungry for Hungarian

A healthy twist on traditional Hungarian goulash

Goulash -- a delicious hearty stew -- is Hungary's national dish. This healthy version of traditional potato goulash can be made even more flavorful by adding half a pound (250 g) of mushrooms. Serve with sour cream or thick yogurt.

2 lb (1 kg) mashing potatoes
1 red pepper
2 green peppers
1 large onion
2 sprigs of sage
2 Tbsp (30 mL) butter
1 cup (250 g) sauerkraut
2 Tbsp (30 mL) tomato paste
1 1/2 cup (375 mL) tomato juice
2/3 cup (165 mL) vegetable stock
1/3 cup (80 mL) robust red wine (or substitute vegetable stock)
freshly ground white pepper
salt

Wash, peel, and thickly slice the potatoes. Wash the peppers and clean out their interiors. Cut the peppers into narrow strips. Peel and thinly slice the onion.

Wash the sage and cut the leaves into wide strips.

Heat the butter in a large saucepan and sauté the onion until translucent. Add the potatoes, peppers, sauerkraut, tomato paste, and sage. Cook for five minutes.

Add the tomato juice, vegetable stock and red wine to the vegetables. Season with salt and pepper and simmer for about five minutes. Simmer uncovered to reduce the liquid and season with salt and pepper.

Serves four.

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