

# Goulash

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## **Ingredients**

3 lb. beef chuck cross rib roast  
Water, to cover roast  
1 can whole clams  
1 can (28 oz.) tomatoes  
1 can (5 oz.) tomato paste  
1 tsp. whole peppercorns  
1 tsp. oregano  
1 tsp. cayenne  
1 tsp. chili powder  
1/2 tsp. cumin  
2 onions, sliced  
8 cloves garlic, minced  
1 cup fresh mushrooms  
Sour cream (as desired)

## **Directions**

Cover roast with just enough water in pressure cooker. Cook for 45 minutes until done. Remove roast from liquor and let cool. Add can of whole tomatoes, can of clams, sliced onions, sliced mushrooms, spices and tomato paste. Crush garlicks with side of knife and add to stew. Stir and let simmer. When roast has cooled down shred into peaces and add to the stew to simmer. Either serve plain with sour cream on top or stir in sour cream and serve over rice or noodles.