Plant-Based Hungarian Goulash

PREP TIME: 15 MIN   COOKING TIME: 2 HOURS   SERVES: 4-6

Enjoy this comforting, plant-based goulash, bursting with sweet paprika, tender veggies, and hearty soy chunks.

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon tamari
- 2 yellow onions, chopped
- 150 grams soy chunks (can be substituted with about 225 grams of mushrooms)
- 6 cloves garlic, minced
- 3 tablespoons sweet Hungarian paprika
- 1.5 teaspoons caraway seeds

- 2 red potatoes, peeled and cubed
- 2 carrots, sliced
- 2 red bell peppers, diced
- 2–4 cups vegetable broth
- 1 can diced tomatoes
- Salt and pepper to taste
- Fresh parsley, chopped for garnish

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Directions

1. **Hydrate the Soy Chunks:** Place the soy chunks in a bowl of warm water for at least 10 minutes.
2. **Heat the Pot:** In a large pot, heat the olive oil over medium heat.
3. **Sauté Aromatics:** Add the onions and garlic, and sauté until they become translucent.
4. **Add Tamari:** Stir in the tamari and sauté with the onions and garlic for about a minute.
5. **Add Soy Chunks:** Drain the hydrated soy chunks and add them to the pot. Stir to combine.
6. **Season with Spices:** Sprinkle the sweet Hungarian paprika and caraway seeds over the soy chunks. Stir well to coat the soy chunks evenly with the spices.
7. **Add Vegetables:** Add the potatoes, carrots, and red bell peppers to the pot. Stir to combine everything.
8. **Add Broth and Tomatoes:** Pour in the vegetable broth and diced tomatoes. Bring the mixture to a boil.
9. **Simmer:** Reduce the heat to low, cover the pot, and let the soup simmer for about 1 1/2 to 2 hours, stirring occasionally, until the flavors have melded together.
10. **Season to Taste:** Add salt and pepper to taste, adjusting the seasoning according to your preferences.
11. **Rest:** Remove the pot from the heat and let it sit for a few minutes to allow the flavors to further develop.
12. **Serve:** Ladle the goulash into bowls.
13. **Garnish:** Garnish with freshly chopped parsley before serving.