

# Goulash

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## Ingredients

150g pinto beans (soaked)  
2 onions diced  
4 cloves garlic minced  
Big splash of olive oil  
1 tsp salt  
400g tomatoes diced  
2 large zucchinis cut into large pieces (really makes it special to have large bits of zucchini)  
2 large potatoes cut into large pieces (around 3 cm)  
1 chilli finely chopped  
200g green beans cut on an angle small or 1 bunch asparagus cut the same way  
½ red capsicum diced  
3 tsp fresh thyme  
Handful fresh parsley finely chopped  
2 tsp stock powder (organic) or 1.5 litres home made stock  
1 tbsp mushroom powder [https://veets.substack.com/p/mushroom-powder?utm\\_source=profile&utm\\_medium=reader2](https://veets.substack.com/p/mushroom-powder?utm_source=profile&utm_medium=reader2)  
1 tbsp corn flour  
3 tbsp cashews blended with ½ cup water until smooth  
Pepper to taste

## Method

1. Cook the pinto beans with boiling water- for full method check out my video. <https://www.youtube.com/watch?v=ZlZjYcTyS0s&t=66s>
2. Sautee the onions in a big splash of olive oil and add the salt for 2 minutes. Then add the garlic, , thyme, parsley and garlic and cook for 2 more minutes.
3. Add the tomato, mushroom powder, stock powder and simmer for 5 minutes then add the 1.5 litres or water and potatoes. Cook for 5 minutes.
4. Mix the corn flour with ¼ cup water and mix until smooth then add to the goulash.
5. Add the zucchini and cook for 3 minutes then add the green beans or asparagus and cook for 5 minutes or until veg is cooked to your liking. If the goulash gets too thick add more water and season with more salt if needed.
6. Add the cashew cream and pepper and extra salt to taste (if it needs it).



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