

# Turkey Goulash

Serves 20 / Cooking time 30 minutes

Calories per serving: 809kcal / Fat per serving 2.5g



## Ingredients

3kg Cooked Diced Turkey Breast  
180ml Oil  
6 Onions, chopped  
300g Flour  
90ml/6 tsp Paprika  
Large pinch Cayenne Pepper  
6 Cans Chopped Tomatoes  
5 ltr Chicken Stock  
1.5kg Carrot, chopped  
1.5kg Potatoes, diced  
6 Green Peppers, Chopped  
600g Tomato Puree  
1500ml/1.5 ltrs Yoghurt  
Seasoning

## Method

1. Fry the onion in oil until softened. Stir in the flour, paprika and cayenne pepper.
2. Stir in the chopped tomatoes and chicken stock. Add the rest of the vegetables, tomato puree and seasoning. Bring to the boil, reduce heat and simmer for 40 minutes.
3. Add the cooked diced turkey breast and allow to heat through for a few minutes. Stir in the yoghurt before serving.