



## Veal Porkolt

800 grams veal stewing meat cut into 3 cm pieces.

Olive oil

1 large onion finely diced

1 heap tablespoon paprika

1 clove garlic finely chopped

1 teaspoon salt

440 g can Italian diced tomatoes

1 green capsicum

*Soften onion in oil in a heavy pot. Remove from heat, add paprika, garlic, salt and veal and stir thoroughly. Cover tightly and start cooking over low heat. Add a tablespoon or two of water if it looks like burning, but the aim is to cook the meat in its own and the onion juices.*

*Once the cooking is under way, after about 15 minutes, add the tomatoes and the capsicum. Cook covered for a further 30 minutes until the meat is tender, adding a spoon or so of water if it looks like catching. You should finish up with a small amount of thick tasty sauce. Serve with rice or noodles or even mashed potato and follow with a salad.*

