



Beef Goulash with Brown Rice - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Vegetable Broth (1 ml)	500	Gram	1 ml
<input type="checkbox"/>	Beef, Unprocessed (1 g)	500	Gram	1 g
<input type="checkbox"/>	Onion (170 g)	2	Piece	170 g
<input type="checkbox"/>	Long-Grain Brown Rice (1 g)	300	Gram	1 g
<input type="checkbox"/>	Red Bell Pepper (200 g)	1	Piece	200 g
<input type="checkbox"/>	Tomato Concentrate 30% (25 g)	1	Tablespoon	25 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil (10 ml)	2	Tablespoon	10 ml
<input type="checkbox"/>	Whole Wheat Flour (15 g)	1	Tablespoon	15 g
<input type="checkbox"/>	Ground Sweet Paprika (3 g)	0.5	Teaspoon	3 g
<input type="checkbox"/>	Black Pepper (1 g)	1	Gram	1 g
<input type="checkbox"/>	White Salt (1 g)	1	Gram	1 g