

Low-Carb Goulash with Minced Meat and Mushrooms - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|------------|--------------|
| <input type="checkbox"/> | Fresh Mushrooms <i>(1 g)</i> | 250 | Gram | 1 g |
| <input type="checkbox"/> | Ground Pork <i>(1 g)</i> | 200 | Gram | 1 g |
| <input type="checkbox"/> | Onion <i>(170 g)</i> | 1 | Piece | 170 g |
| <input type="checkbox"/> | Red Bell Pepper <i>(200 g)</i> | 1 | Piece | 200 g |
| <input type="checkbox"/> | Water <i>(1 g)</i> | 200 | Mililiter | 1 g |
| <input type="checkbox"/> | Tomato Concentrate 30% <i>(25 g)</i> | 1 | Tablespoon | 25 g |
| <input type="checkbox"/> | Canned Tomatoes <i>(260 g)</i> | 1 | Can | 260 g |
| <input type="checkbox"/> | Dried Rosemary <i>(2 g)</i> | 1 | Teaspoon | 2 g |
| <input type="checkbox"/> | Dried Thyme <i>(2 g)</i> | 1 | Teaspoon | 2 g |
| <input type="checkbox"/> | Dried Oregano <i>(2 g)</i> | 1 | Teaspoon | 2 g |
| <input type="checkbox"/> | Dried Basil <i>(2 g)</i> | 1 | Teaspoon | 2 g |
| <input type="checkbox"/> | White Salt <i>(5 g)</i> | 0.5 | Teaspoon | 5 g |
| <input type="checkbox"/> | Black Pepper <i>(0.1 g)</i> | 3 | Pinch | 0.1 g |
| <input type="checkbox"/> | Ground Sweet Paprika <i>(3 g)</i> | 1 | Teaspoon | 3 g |
| <input type="checkbox"/> | Olive Oil <i>(10 g)</i> | 2 | Tablespoon | 10 g |