

Beef goulash with liver and buckwheat - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Beef Goulash (Topside) <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Calf's Liver <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Fresh Mushrooms <i>(20 g)</i>	2	Piece	20 g
<input type="checkbox"/>	Onion <i>(130 g)</i>	1	Small piece	130 g
<input type="checkbox"/>	Red Bell Pepper <i>(30 g)</i>	2	Slice	30 g
<input type="checkbox"/>	Carrot <i>(50 g)</i>	0.5	Piece	50 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	Buckwheat Groats <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Sunflower Seeds 2 <i>(1 g)</i>	1	Tablespoon	1 g
<input type="checkbox"/>	Whole Chicken Eggs (M) <i>(51 g)</i>	1	Piece	51 g
<input type="checkbox"/>	Natural Yogurt 2% <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(10 ml)</i>	1	Tablespoon	10 ml
<input type="checkbox"/>	Tomato Concentrate 30% <i>(15 g)</i>	1	Teaspoon	15 g
<input type="checkbox"/>	Bay Leaf <i>(1 g)</i>	1	Leaf	1 g
<input type="checkbox"/>	Allspice <i>(1 g)</i>	1	Grain	1 g
<input type="checkbox"/>	Ground Sweet Paprika <i>(3 g)</i>	1	Teaspoon	3 g

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	2	Pinch	0.1 g
<input type="checkbox"/>	Potato Flour <i>(6 g)</i>	1	Teaspoon	6 g