

HUNGARIAN GOULASH



1 lb. beef, cut into cubes
2 medium onions, chopped
¼ t. dry mustard
1 ¼ t. paprika
2 T. brown sugar
1 t. salt

1 ½ T. Worcestershire sauce
1 t. cider vinegar
⅓ cup ketchup
1 ½ cups water
3 T. flour
1 6-ounce package noodles

Brown meat in heavy pan. Add onion. Add mustard, paprika, brown sugar, salt, Worcestershire sauce, vinegar, ketchup and 1 cup water. Stir. Cover. Cook over low heat 2 hours or until meat is very tender. Blend flour with remaining ½ cup water. Add to meat mixture. Stir until thickened. Serve meat over noodles.