

Beef Goulash with Brown Rice - Ingredients

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