

Beef goulash with barley groats - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Vegetable Broth <i>(1 ml)</i>	500	Gram	1 ml
<input type="checkbox"/>	Frozen Broccoli <i>(1 g)</i>	450	Gram	1 g
<input type="checkbox"/>	Beef Tenderloin <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	Pearl Barley Groats <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	1	Tooth	5 g
