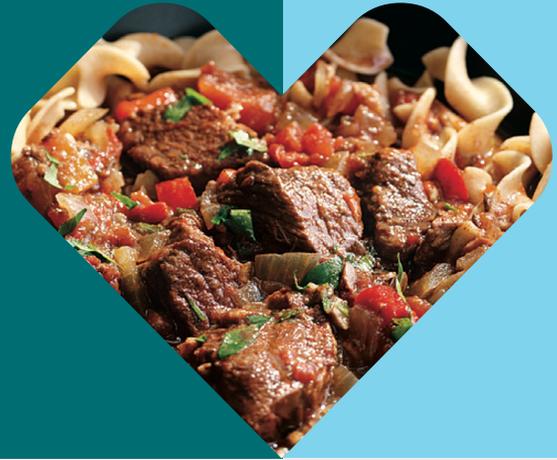


Hungarian Beef Goulash

This streamlined goulash skips the step of browning the beef, and instead coats it in a spice crust to give it a rich mahogany hue. This saucy dish is a natural served over whole-wheat egg noodles. Or, for something different, try prepared potato gnocchi or spaetzle.



Ingredients

- 2 pounds beef stew meat (such as chuck), trimmed and cubed
- 2 teaspoons caraway seeds
- 1 ½–2 tablespoons sweet or hot paprika (or a mixture of the two), preferably Hungarian
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 1 large or 2 medium onions, chopped
- 1 small red bell pepper, chopped
- 1 14-ounce can diced tomatoes
- 1 14-ounce can reduced-sodium beef broth
- 1 teaspoon Worcestershire sauce
- 3 cloves garlic, minced
- 2 bay leaves
- 1 tablespoon cornstarch mixed with 2 tablespoons water
- 2 tablespoons chopped fresh parsley

Instructions

1. Place beef in a 4-quart or larger slow cooker. Crush caraway seeds with the bottom of a saucepan. Transfer to a small bowl and stir in paprika, salt and pepper. Sprinkle the beef with the spice mixture and toss to coat well. Top with onion and bell pepper.
2. Combine tomatoes, broth, Worcestershire sauce and garlic in a medium saucepan; bring to a simmer. Pour over the beef and vegetables. Place bay leaves on top.
3. Cover and cook until the beef is very tender, 4 to 4 ½ hours on high or 7 to 7 ½ hours on low.
4. Discard the bay leaves; skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture to the stew and cook on high, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes. Serve sprinkled with parsley.

Nutrition Per Serving

165 Calories, Total Fat: 4 g, Saturated Fat: 1 g, Cholesterol: 65 mg, Carbohydrates: 5 g, Fiber: 1 g, Total Sugars: 2 g, Added Sugars: 0 g, Protein: 23 g, Sodium: 263 mg, Potassium: 351 mg, Iron: 2 mg, Folate: 20 mcg, Calcium: 40 mg, Vitamin A: 1249 IU, Vitamin C: 21 mg

Carbohydrate Servings: ½

Yield:

8 servings,
about 1 cup
each

Active Time:

30 minutes

Total Time:

4 ½–8 hours

Make Ahead Tips:



Cover and refrigerate for up to 2 days or freeze for up to 4 months.

Prep ahead: Trim beef and coat with spice mixture. Prepare vegetables. Combine tomatoes, broth, Worcestershire sauce and garlic. Refrigerate in separate covered containers for up to 1 day.