



Chef John's Beef Goulash



This Hungarian-style goulash is a thick beef stew that is great served over buttered noodles and garnished with sour cream.

By Chef John

Prep: 30 mins

Cook: 2 hrs

Total: 2 hrs 30 mins

Servings: 4

Yield: 4 servings



Ingredients

2 ½ pounds boneless beef chuck roast, cut into 2-inch cubes

1 pinch salt and ground black pepper to taste

2 tablespoons vegetable oil

2 medium (2-1/2" dia)s onions, chopped

2 teaspoons olive oil

½ teaspoon salt

2 tablespoons Hungarian paprika

2 teaspoons caraway seeds, crushed

1 teaspoon freshly ground black pepper

1 teaspoon dried marjoram

½ teaspoon ground thyme

½ teaspoon cayenne pepper

4 cups chicken broth, divided

¼ cup tomato paste

3 cloves garlic, crushed

2 tablespoons balsamic vinegar

1 teaspoon white sugar

½ teaspoon salt, or to taste

1 bay leaf

Directions

Step 1

Season beef with salt and black pepper. Heat vegetable oil in a large skillet over high heat; cook and stir beef in hot oil in batches until browned on all sides, about 5 minutes per batch. Transfer to a large stockpot and reserve drippings in the skillet.

Step 2

Return skillet to medium heat; stir onions into the reserved drippings, drizzle olive oil over onions, season with 1/2 teaspoon salt and cook until onion has softened, about 5 minutes. Transfer to the stockpot with beef.

Step 3

Combine paprika, caraway seeds, black pepper, marjoram, thyme, and cayenne pepper in the skillet and toast over medium heat until fragrant, about 3 minutes. Add 1 cup chicken broth and stir; transfer to the beef and onion mixture.

Step 4

Stir 3 cups chicken broth into beef mixture. Add tomato paste, garlic, vinegar, sugar, 1/2 teaspoon salt, and bay leaf; place stockpot over high heat and bring to a boil. Reduce heat to low and simmer until a fork inserts easily into the meat, 1 1/2 to 2 hours.

Chef's Note:

Real goulash is more like a soup, so if you want yours thinner, just add 2 or 3 extra cups of broth.

Nutrition Facts

Per Serving:

573.3 calories; protein 36g 72% DV; carbohydrates 13.4g 4% DV; fat 41.2g 63% DV; cholesterol 134mg 45% DV; sodium 1756.6mg 70% DV.

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