

BEEF GOULASH

4 SERVINGS

Ingredients:

- 3 tbsp. sunflower oil
- 3 medium yellow onions, chopped
- 2 tablespoons tomato paste
- 1.75 lb beef chuck, shin or other cheaper cut
trimmed and cut into cubes
- 1 white pepper or red bell pepper, chopped
- salt and freshly ground black pepper
- 1.5 heap tbsp. sweet paprika
(you can spice it up with some hot paprika/ chili if you like)
- 1/2 tsp. caraway seeds
- 3 cloves garlic, finely chopped
- 2 cups beef stock (you can replace it or part of it with beef or red wine)



PREPARATION:

1. Heat oil in a non-stick pan. Add onions and cook gently, stirring occasionally until soft and translucent, for about 10 minutes.
2. Take away from heat and add caraway seeds and sweet paprika. Stir quickly and put it back on the stove. Add tomato paste, set heat to high and stir for a minute.
3. Add beef and season with salt and pepper lightly (the stock is salty by itself). Stir until the meat is lightly browned, for about 6 minutes.
4. Stir in garlic and pepper and cook until fragrant, about 2 minutes.
5. Add 1/2 cup beef stock. Bring to a boil; reduce heat to medium. Simmer, covered, stirring occasionally (every 20 min.) and adding beef stock, until the beef is nearly tender—about 2 or even better 3 hours.
6. Season with salt and pepper to taste and serve with dumplings, potatoes, pasta, bread, or anything you like.
7. Go buy a bottle of Pilsner because nothings pairs better with goulash! You can trust us on that one.

