



marha pörkölt – hungarian beef paprika stew

Servings
4 servings

Prep Time
15 minutes

Cook Time
2 hours

Kosher Key
Meat

Description

Learn to make traditional Jewish Hungarian Beef Stew with paprika, green bell peppers and tomato. Goulash, one pot meal, kosher, meat

Ingredients

- 2 tbsp vegetable oil (I used canola)
- 1 large onion, minced
- 1 large garlic clove, minced
- 1/2 medium green bell pepper, chopped
- 1 lb beef stew meat (I used lean beef)
- 2 tbsp sweet (mild) paprika - Hungarian paprika is best
- 1 tsp caraway seeds
- 1 large tomato, cored and chopped
- Salt and black pepper to taste
- 1 tbsp chopped fresh parsley for garnish (optional)

Instructions

1. In a large saute pan, heat canola oil over medium. Add minced onion and saute for about 8 minutes till softened. Add the garlic and green bell pepper. Continue to saute for another 5 minutes till garlic is fragrant and bell pepper is tender-crisp.
2. Add the beef to the pan and season lightly with salt and pepper. Cook for 5-6 more minutes, stirring twice, till meat is browned.
3. Sprinkle paprika and caraway seeds evenly across the top of the meat. Add diced tomatoes to the pan. Pour 4-5 cups of hot water into the pan, till the meat is almost covered. Stir and bring to a boil.
4. Reduce heat to a simmer and cover to pan. Let the mixture simmer slowly for about 90-100 minutes, replenishing the water as needed to keep it from getting dry.

5. The stew is ready when the meat is fork tender and the sauce is thick. Season with additional salt and pepper to taste before serving, if desired.
6. Serve over spaetzle, potatoes, rice or noodles. It would also be great over quinoa. Kosher for Ashkenazi Passover when served over a KFP starch (ex: potatoes). Garnish with chopped parsley, if desired. Enjoy!

Nutrition Facts

Marha Pörkölt - Hungarian Beef Paprika Stew

Amount Per Serving

Calories 300 **Calories from Fat** 144

% Daily Value*

Total Fat 16g	25%
Saturated Fat 8g	40%
Cholesterol 88mg	29%
Sodium 47mg	2%
Potassium 470mg	13%
Total Carbohydrates 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 32g	64%
Vitamin A	42.3%
Vitamin C	23.9%
Calcium	2.8%
Iron	21.1%

* Percent Daily Values are based on a 2000 calorie diet.