

Hungarian Goulash

Ingredients:

3 lb. boneless beef chuck roast, trimmed, cut into 2 inch chunks, and seasoned with salt and black pepper
½ cup all-purpose flour
2 tbl. vegetable oil
2 cups diced onions
3 tbl. minced fresh garlic
3 tbl. Hungarian sweet paprika
3 cups low-sodium beef broth
¼ cup tomato paste
¼ cup sour cream
2 tbl. red wine vinegar
Salt and black pepper to taste
Buttered egg noodles for serving

Dredge beef in flour, shaking off any excess; sear in oil in batches in a large pot over medium-high heat, adding more oil if necessary. Remove beef from pot.

Sauté onions, garlic, and paprika in pot, 30 seconds, then deglaze pot with broth, scraping up any brown bits.

Stir in tomato paste and beef; bring to a boil. Reduce heat to medium-low and simmer stew, covered, until meat is fork-tender, 1 – 1 ½ hours.

Off heat, stir in sour cream and vinegar; season with salt and pepper. Serve over buttered egg noodles.

Credit: Cuisine Soup, Stews & Chilies