



 **40%**
HEALTH SCORE

Austrian Goulash

 Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds stew meat
- 0.5 cup beef stock
- 1 can tomato sauce (approx 4 cups)
- 1 Tbsp caraway seeds
- 1 cup flour
- 2 garlic clove sliced thin
- 2 tsp paprika hot
- 1 small lemon zest

- 12 servings olive oil for searing
- 2 large onion
- 1 Tbsp bell pepper
- 1 Tbsp bell pepper
- 1 Tbsp salt and pepper
- 2 Tbsp tomato paste

Equipment

- bowl
- frying pan
- dutch oven
- slow cooker

Directions

- You will need a large Dutch oven with a lid for best results.
- Add just enough olive oil to coat the pan and turn the heat high enough to make the oil shimmer, but not smoke. Pat the meat dry and dredge in flour, seasoned with kosher salt & cracked pepper.
- Add one piece of meat to the hot oil to make sure that it sizzles.
- Add the remaining meat, without crowding the pan and sear for about 3–4 minutes per side. You want a golden crust that will give the gravy great flavor. Cook the meat in batches, if necessary and set aside in a bowl-- to collect the juice. When all the meat is seared, turn the heat to medium and add a little more olive oil to the pan and cook the onion until tender-- 3–4 minutes.
- Add the sliced garlic and cook till fragrant-- 30 seconds or so.
- Add the tomato paste and paprika, and cook for 1–2 minutes.
- Add the tomato sauce, caraway seeds, lemon zest and chicken stock and stir well. Bring to a simmer for about 15 minutes and taste for seasoning. Adjust as necessary. If the sauce is too thick, thin with a little more chicken stock or water until it is the consistency of a gravy. Simmer for 2 hours, or you can use a slow cooker for 4–6 hours. This stew tastes even better if made one day in advance.

Nutrition Facts

PROTEIN 36.06% FAT 49.26% CARBS 14.68%

Properties

Glycemic Index:25.08, Glycemic Load:7.49, Inflammation Score:-6, Nutrition Score:22.785652173913%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 404.62kcal (20.23%), Fat: 21.95g (33.77%), Saturated Fat: 4.57g (28.56%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 12.62g (4.59%), Sugar: 3.61g (4.01%), Cholesterol: 93.74mg (31.25%), Sodium: 977.49mg (42.5%), Protein: 36.15g (72.3%), Selenium: 46.31µg (66.15%), Vitamin B3: 11.67mg (58.33%), Vitamin B6: 1.11mg (55.47%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.62mg (44.14%), Phosphorus: 369.63mg (36.96%), Iron: 4.56mg (25.36%), Vitamin E: 3.55mg (23.66%), Potassium: 798.55mg (22.82%), Vitamin B2: 0.36mg (21.1%), Vitamin B1: 0.26mg (17.18%), Magnesium: 53.83mg (13.46%), Copper: 0.26mg (13.15%), Folate: 50.1µg (12.53%), Vitamin K: 12.63µg (12.03%), Vitamin C: 9.31mg (11.28%), Manganese: 0.22mg (10.87%), Vitamin A: 501.57IU (10.03%), Vitamin B5: 0.93mg (9.32%), Fiber: 2.09g (8.36%), Calcium: 52.53mg (5.25%)