



Beef Goulash

READY IN



45 min.

SERVINGS



8

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 3 pounds beef shanks boneless trimmed cut into 2-inch cubes
- ☐ 15 ounce canned tomatoes whole crushed peeled canned
- ☐ 2 teaspoons caraway seeds toasted
- ☐ 1 leaf flat parsley chopped for garnish
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons hungarian paprika sweet
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 6 cups beef broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 roasted bell peppers red peeled sliced
- ☐ 4 russet potatoes peeled sliced
- ☐ 0.5 cup cup heavy whipping cream sour

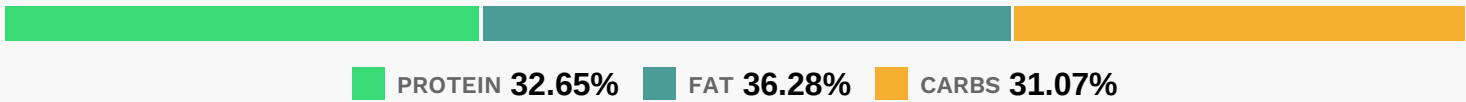
Equipment

- ☐ paper towels
- ☐ pot
- ☐ tongs

Directions

- ☐ Place a large heavy pot over medium heat and add the bacon. Fry for about 5 minutes until crisp and remove to a paper towel and reserve.
- ☐ Add the beef to the hot bacon fat and brown it evenly on all sides, turning with tongs; season generously with salt and pepper. While the beef is searing, sprinkle the flour evenly in the pot and continue to stir to dissolve any clumps.
- ☐ Add a little oil if necessary to keep the meat from sticking to the bottom of the pot.
- ☐ Toss in the onions, garlic, roasted peppers, paprika, and caraway; cook and stir for 2 minutes until fragrant. Stir in the vinegar, tomatoes, and broth. Bring to a boil, then lower to a simmer and cook for 1 hour, covered, stirring occasionally.
- ☐ Add the potatoes. Crumble the reserved bacon into the stew and continue to simmer for 30 minutes, partially covered, until the potatoes are tender. Season with salt and pepper.
- ☐ Remove from heat and stir the sour cream into the goulash just before serving.
- ☐ Garnish with the chopped parsley.

Nutrition Facts



Properties

Glycemic Index:36.97, Glycemic Load:17.45, Inflammation Score:-8, Nutrition Score:23.806956582743%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 374.98kcal (18.75%), Fat: 15.24g (23.45%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 25.64g (9.33%), Sugar: 3.88g (4.31%), Cholesterol: 55.54mg (18.51%), Sodium: 683.21mg (29.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.86g (61.72%), Vitamin B12: 3.48µg (58.06%), Vitamin B6: 1.06mg (53.22%), Zinc: 7.88mg (52.56%), Potassium: 1470.05mg (42%), Vitamin B3: 8.34mg (41.68%), Phosphorus: 329.84mg (32.98%), Selenium: 22.8µg (32.57%), Vitamin A: 1511.44IU (30.23%), Iron: 4.83mg (26.81%), Vitamin B2: 0.38mg (22.46%), Vitamin C: 18.14mg (21.99%), Vitamin B1: 0.3mg (19.78%), Manganese: 0.38mg (18.82%), Fiber: 3.73g (14.92%), Magnesium: 58.4mg (14.6%), Copper: 0.28mg (14.07%), Vitamin E: 1.76mg (11.76%), Folate: 41.62µg (10.4%), Vitamin K: 10.24µg (9.75%), Vitamin B5: 0.97mg (9.74%), Calcium: 88.71mg (8.87%)