



## Beef Gulasch

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 3.5 pounds beef short ribs boneless cut into 3/4-inch cubes (from)
- 0.5 cup canola oil
- 1 tablespoon marjoram dried
- 2 garlic clove sliced
- 1.5 teaspoons paprika hot
- 3 tablespoons paprika sweet
- 6 cups chicken broth

- 1.5 tablespoons tomato paste
- 8 cups onion white halved thinly sliced
- 1 cup citrus champagne vinegar

## Equipment

- bowl
- pot

## Directions

- Heat oil in heavy large pot over medium highheat.
- Add onions and cook until goldenbrown and soft, stirring often, about 25minutes.
- Add garlic and marjoram; cook untilgarlic softens, about 3 minutes.
- Add tomatopaste and cook until mixture begins to turndark red, stirring often, about 3 minutes.
- Add both paprikas and stir to blend; removefrom heat and let stand 1 minute for flavorsto blend.
- Add vinegar; stir over medium heatuntil almost all liquid is absorbed, about 2minutes.
- Add broth, bay leaves, and lemonpeel; increase heat and bring to boil.
- Sprinkle beef with salt and pepper;add to pot. Simmer over medium–low heatuntil beef is tender, stirring occasionally,about 2 1/2 hours.
- Transfer beef to bowl, leaving onionsin pot. Boil sauce in pot until reduced to5 cups, about 15 minutes. Cool slightly.Working in batches, puree sauce in blenderuntil smooth; return to pot. Season with saltand pepper. Return beef to pot. Simmer untilheated through, about 5 minutes. DO AHEAD: Can be made 2 days ahead. Cool slightly.Chill uncovered until cool, then cover andchill. Rewarm before serving.
- In keeping with the spiritof this menu, pour an Austrian red with thegulasch. The fruity, elegant Feiler–Artinger2007 Zweigelt (\$1
- is a good choice.
- Bon Appétit

## Nutrition Facts



■ PROTEIN 36.76% ■ FAT 46.64% ■ CARBS 16.6%

## Properties

Glycemic Index:16.5, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:27.515217345694%

## 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: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 32.49mg, Quercetin: 32.49mg, Quercetin: 32.49mg, Quercetin: 32.49mg

## Nutrients (% of daily need)

Calories: 478.85kcal (23.94%), Fat: 24.67g (37.95%), Saturated Fat: 9.25g (57.83%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 15.74g (5.72%), Sugar: 7.71g (8.56%), Cholesterol: 117.08mg (39.03%), Sodium: 216.95mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.75g (87.5%), Vitamin B12: 6.9µg (115.07%), Zinc: 10.11mg (67.41%), Vitamin B6: 1.07mg (53.35%), Phosphorus: 492.79mg (49.28%), Vitamin B3: 9.79mg (48.96%), Selenium: 29.84µg (42.63%), Potassium: 1211.69mg (34.62%), Iron: 6.08mg (33.79%), Vitamin A: 1548.35IU (30.97%), Vitamin B2: 0.45mg (26.18%), Vitamin B1: 0.27mg (18.27%), Magnesium: 70.31mg (17.58%), Manganese: 0.33mg (16.64%), Copper: 0.33mg (16.51%), Fiber: 4.01g (16.05%), Vitamin C: 13.05mg (15.82%), Folate: 44.89µg (11.22%), Vitamin E: 1.53mg (10.19%), Vitamin B5: 0.92mg (9.16%), Calcium: 76.04mg (7.6%), Vitamin K: 6.95µg (6.62%)