



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
- ☐ 2 teaspoons lemon zest finely grated

- ☐ 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 high heat.
- ☐ Add onions and cook until golden brown and soft, stirring often, about 25 minutes.
- ☐ Add garlic and marjoram; cook until garlic softens, about 3 minutes.
- ☐ Add tomato paste and cook until mixture begins to turn dark red, stirring often, about 3 minutes.
- ☐ Add both paprikas and stir to blend; remove from heat and let stand 1 minute for flavors to blend.
- ☐ Add vinegar; stir over medium heat until almost all liquid is absorbed, about 2 minutes.
- ☐ Add broth, bay leaves, and lemon peel; increase heat and bring to boil.
- ☐ Sprinkle beef with salt and pepper; add to pot. Simmer over medium-low heat until beef is tender, stirring occasionally, about 2 1/2 hours.
- ☐ Transfer beef to bowl, leaving onions in pot. Boil sauce in pot until reduced to 5 cups, about 15 minutes. Cool slightly. Working in batches, puree sauce in blender until smooth; return to pot. Season with salt and pepper. Return beef to pot. Simmer until heated through, about 5 minutes. DO AHEAD: Can be made 2 days ahead. Cool slightly. Chill uncovered until cool, then cover and chill. Rewarm before serving.
- ☐ In keeping with the spirit of this menu, pour an Austrian red with the gulasch. The fruity, elegant Feiler-Artinger 2007 Zweigelt (\$1
- ☐ is a good choice.
- ☐ Bon Appétit

Nutrition Facts

 **PROTEIN 36.74%**  **FAT 46.61%**  **CARBS 16.65%**

Properties

Glycemic Index:16.5, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:27.572173906409%

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: 479.09kcal (23.95%), Fat: 24.67g (37.95%), Saturated Fat: 9.25g (57.83%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 15.77g (5.73%), Sugar: 7.73g (8.59%), Cholesterol: 117.08mg (39.03%), Sodium: 216.98mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.76g (87.52%), Vitamin B12: 6.9µg (115.07%), Zinc: 10.11mg (67.42%), Vitamin B6: 1.07mg (53.4%), Phosphorus: 492.85mg (49.28%), Vitamin B3: 9.79mg (48.97%), Selenium: 29.85µg (42.64%), Potassium: 1212.49mg (34.64%), Iron: 6.09mg (33.81%), Vitamin A: 1548.6IU (30.97%), Vitamin B2: 0.45mg (26.21%), Vitamin B1: 0.27mg (18.29%), Magnesium: 70.38mg (17.6%), Manganese: 0.33mg (16.64%), Vitamin C: 13.69mg (16.6%), Copper: 0.33mg (16.53%), Fiber: 4.07g (16.26%), Folate: 44.95µg (11.24%), Vitamin E: 1.53mg (10.2%), Vitamin B5: 0.92mg (9.17%), Calcium: 76.71mg (7.67%), Vitamin K: 6.95µg (6.62%)