



Guid's Goulash for Zlotowitz

READY IN



180 min.

SERVINGS



8

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 anaheim chili diced seeded finely
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 bay leaves
- ☐ 2 tablespoons caraway seeds whole toasted
- ☐ 2 cups carrots diced peeled
- ☐ 4 pounds chuck trimmed cut into 1 1/2 to 2-inch cubes
- ☐ 1 tablespoon hungarian paprika sweet
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 4 cups chicken stock see low-sodium

- ☐ 2 tablespoons freshly marjoram leaves minced
- ☐ 0.3 cup olive oil
- ☐ 6 cups onions diced finely
- ☐ 2 tablespoons paprika spanish hot pimenton, a paprika
- ☐ 1 teaspoon chili flakes red
- ☐ 1 serrano chiles minced seeded
- ☐ 1 cup shallots diced finely
- ☐ 2 teaspoons freshly thyme leaves minced
- ☐ 0.3 cup tomato paste

Equipment

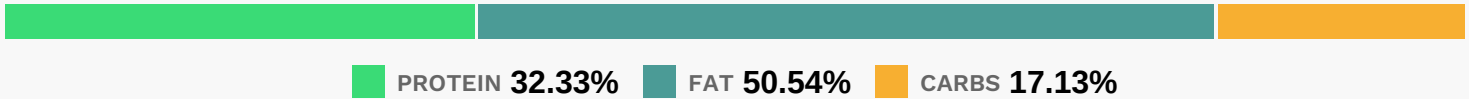
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Season the chuck with the salt and pepper, to taste. In a large oven safe Dutch oven (prefer porcelain coated cast iron) over medium-high heat, add the olive oil and heat until just smoking.
- ☐ Add the beef in batches, being careful not to crowd and be sure to brown the meat on all sides.
- ☐ Remove the meat from the pan to a baking sheet, or something that can catch the juices.
- ☐ Add the onions and carrots to the Dutch oven and pan and cook for 5 to 6 minutes, the moisture from the onions will loosen the fond, so stir often.
- ☐ Add the peppers and the shallots and cook until caramelized and all of the liquid is evaporated. Stir in the tomato paste and allow to cook out the raw acidic flavor, about 1 minute.

- ☐
- Add in the caraway, sweet and hot paprika, the red chili flakes, the marjoram, and thyme. Deglaze with the balsamic and let reduce for 2 minutes. Slowly add the stock, then add the beef and any juices collected from the meat.
- ☐
- Add the bay leaves, season with salt and pepper, to taste, and stir gently to combine. Cover and cook in the preheated oven for 2 hours, stirring occasionally. Adjust the seasoning with salt and pepper, to taste, and serve with Grilled Polenta, if desired.

Nutrition Facts



Properties

Glycemic Index:40.35, Glycemic Load:6.01, Inflammation Score:-10, Nutrition Score:37.21565241399%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 24.55mg, Quercetin: 24.55mg, Quercetin: 24.55mg, Quercetin: 24.55mg

Nutrients (% of daily need)

Calories: 596.01kcal (29.8%), Fat: 34.19g (52.59%), Saturated Fat: 12.69g (79.34%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 20.28g (7.38%), Sugar: 11.77g (13.08%), Cholesterol: 156.49mg (52.16%), Sodium: 345.07mg (15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.2g (98.41%), Vitamin A: 6160.4IU (123.21%), Zinc: 17.8mg (118.65%), Vitamin B12: 6.31µg (105.16%), Selenium: 48.46µg (69.23%), Vitamin B3: 12.42mg (62.12%), Vitamin B6: 1.24mg (61.83%), Phosphorus: 551.27mg (55.13%), Potassium: 1387.23mg (39.64%), Iron: 7.02mg (38.98%), Vitamin B2: 0.46mg (27.02%), Vitamin C: 20.47mg (24.82%), Fiber: 5.79g (23.17%), Manganese: 0.44mg (21.85%), Magnesium: 79.69mg (19.92%), Vitamin B5: 1.76mg (17.61%), Copper: 0.35mg (17.57%), Vitamin B1: 0.26mg (17.43%), Vitamin K: 17.78µg (16.93%), Vitamin E: 2.44mg (16.27%), Folate: 50.27µg (12.57%), Calcium: 123.58mg (12.36%), Vitamin D: 0.23µg (1.51%)