



HEALTH SCORE

58%

Hungarian-Style Shepherd's Pie

READY IN



200 min.

SERVINGS



6

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups beef stock
- ☐ 2 tablespoons butter
- ☐ 0.5 tablespoon caraway seeds
- ☐ 2 medium to 3 carrot
- ☐ 1 handful optional: dill fresh finely chopped
- ☐ 1 eggs
- ☐ 6 servings flour for dredging
- ☐ 4 cloves garlic sliced
- ☐ 1 sprigs marjoram dried fresh leaves picked chopped

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 2 to 3 parsnips peeled cut into chunks
- ☐ 1 large bell pepper red
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 pounds sirloin tips cut into bite-size pieces
- ☐ 0.7 cup heavy whipping cream sour
- ☐ 2 pounds starchy potatoes cubed peeled sliced
- ☐ 0.3 cup paprika sweet
- ☐ 0.3 cup tomato paste
- ☐ 2 tablespoons worcestershire sauce

Equipment

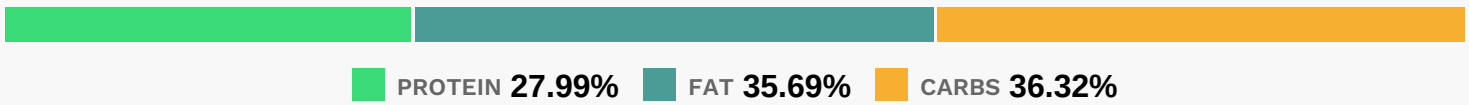
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Char the bell pepper over an open burner flame or under the broiler with the oven door slightly cracked for the steam to escape until black, turning frequently.
- ☐ Place the charred pepper in a bowl until cool enough to handle, then peel the pepper, chop, and reserve.
- ☐ Meanwhile, pat the meat dry and season liberally with salt and pepper, dredge in flour.
- ☐ Heat 2 tablespoons extra-virgin olive oil in a large Dutch oven over medium-high heat, add the meat and brown on both sides.

- ☐ Remove the browned meat to a plate and add the remaining olive oil, 2 turns of the pan.
- ☐ Add the onions, carrots, garlic, paprika, caraway, marjoram and cook to soften 5 to 6 minutes.
- ☐ Add in the tomato paste and stir 1 minute. Stir in the beef stock and Worcestershire and bring to a boil, reduce the heat to a simmer and slide the meat and peppers into the pot. Cook 30 minutes, until beef is just tender.
- ☐ Meanwhile, boil the potatoes and parsnips until tender, about 20 minutes.
- ☐ Drain and return to the hot pot and mash with salt, pepper, butter, sour cream, egg, and herb of choice.
- ☐ Place the goulash into a casserole dish and top with potatoes. Cool the dish completely and store for make-ahead meal.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Reheat and bake until heated through and potatoes are brown on top, 45 to 60 minutes. If you do not make this dish as a make ahead meal then brown potatoes under hot broiler on the middle rack of the oven 5 to 7 minutes until golden at edges.

Nutrition Facts



Properties

Glycemic Index:89.43, Glycemic Load:31.71, Inflammation Score:-10, Nutrition Score:43.061304154603%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 623.68kcal (31.18%), Fat: 25.13g (38.66%), Saturated Fat: 8.69g (54.33%), Carbohydrates: 57.53g (19.18%), Net Carbohydrates: 48.98g (17.81%), Sugar: 10.55g (11.72%), Cholesterol: 141.6mg (47.2%), Sodium: 563.38mg (24.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.34g (88.68%), Vitamin A: 6983.46IU (139.67%), Vitamin B6: 1.89mg (94.74%), Selenium: 56.74µg (81.06%), Vitamin B3: 14.59mg (72.95%), Vitamin C: 59.87mg (72.57%), Potassium: 2073.21mg (59.23%), Phosphorus: 573.54mg (57.35%), Zinc: 7.72mg (51.46%), Manganese: 0.85mg (42.54%), Iron: 6.86mg (38.11%), Vitamin B2: 0.61mg (35.74%), Vitamin E: 5.17mg (34.49%), Fiber: 8.55g

(34.2%), Vitamin K: 33.59µg (31.99%), Vitamin B1: 0.46mg (30.79%), Folate: 122.41µg (30.6%), Magnesium: 121.78mg (30.44%), Copper: 0.53mg (26.7%), Vitamin B12: 1.55µg (25.8%), Vitamin B5: 2.31mg (23.06%), Calcium: 156.07mg (15.61%)