



Shortcut Hungarian Goulash

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon caraway seed
- 1 pound extra wide egg noodles dried
- 1 cup fat-skimmed beef broth
- 0.5 lb onion
- 2 tablespoons regular paprika
- 2 lb boned beef pot roast with gravy cooked
- 2 bell peppers green red (1 lb. total)
- 2 roma tomatoes

1 teaspoon salad oil

Equipment

frying pan

pot

spatula

Directions

In a 5- to 6-quart covered pan over high heat, bring 2 1/2 to 3 quarts water to a boil.

Peel and thinly slice onion. Rinse, stem, and seed peppers; slice lengthwise into 1/4-inch-wide strips. Rinse and core tomatoes; cut each lengthwise into 6 wedges.

In a 12-inch nonstick frying pan or a 5- to 6-quart nonstick pan over high heat, stir onion and bell peppers in oil until limp, about 5 minutes.

Add paprika and caraway seed; stir.

Add tomatoes and broth; stir until boiling.

Add noodles to boiling water and cook until barely tender to bite, about 5 minutes; drain.

Meanwhile, discard any solidified fat from pot roast and sauce. Scrape sauce from meat and mix with vegetables in frying pan.

Cut beef across the grain into 1/4-inch-thick slices. Put slices in pan; cover, reduce heat, and simmer until beef is hot, 5 to 6 minutes.

Pour hot noodles onto a rimmed platter. With a wide, slotted spatula, lift beef from pan and mound on noodles. Spoon vegetables and sauce around and over beef.

Sprinkle with parsley.

Nutrition Facts



PROTEIN 34.09% **FAT 20.26%** **CARBS 45.65%**

Properties

Glycemic Index:25.17, Glycemic Load:23.76, Inflammation Score:-7, Nutrition Score:30.034782388936%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 536.56kcal (26.83%), Fat: 11.93g (18.35%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 60.46g (20.15%), Net Carbohydrates: 56.21g (20.44%), Sugar: 4.71g (5.23%), Cholesterol: 161.78mg (53.93%), Sodium: 286.42mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.15g (90.29%), Selenium: 97.68µg (139.54%), Zinc: 9.92mg (66.14%), Vitamin B12: 3.49µg (58.09%), Vitamin B6: 1.07mg (53.45%), Phosphorus: 516.82mg (51.68%), Vitamin B3: 10.09mg (50.46%), Vitamin C: 41.56mg (50.37%), Manganese: 0.8mg (40.09%), Iron: 4.88mg (27.12%), Potassium: 882.41mg (25.21%), Magnesium: 90.25mg (22.56%), Copper: 0.43mg (21.3%), Vitamin B2: 0.36mg (21.13%), Vitamin B1: 0.3mg (19.88%), Vitamin B5: 1.84mg (18.38%), Fiber: 4.25g (17.01%), Folate: 57.67µg (14.42%), Vitamin A: 464.82IU (9.3%), Vitamin E: 1.16mg (7.72%), Vitamin K: 7.54µg (7.18%), Calcium: 67.89mg (6.79%), Vitamin D: 0.38µg (2.52%)