

Hungarian Goulash Stew - Lauren Allen

Makes 5 Servings

Preparation: 15 minutes, Cook Time: 2 hours 20 minutes

Yield: 10 cups

Recipe: by Lauren Allen from *Tastes Better From Scratch*

Source: <https://tastesbetterfromscratch.com/hungarian-goulash/#wprm-recipe-container-129967>

Delicious Hungarian Goulash Stew with tender beef, potatoes, and carrots in a flavorful paprika broth. It's hearty and absolutely delicious!



4 tablespoons olive oil, divided
1.5 pounds beef chuck roast
3 tablespoons all purpose flour
2 medium yellow onions, finely diced
3 cloves garlic, minced
1 tablespoon sweet paprika
1 teaspoon hot paprika
1/2 cup dry red wine, optional
3 Roma tomatoes, chopped
1 tablespoon tomato paste

1/2 teaspoon caraway seeds
1 teaspoon dried marjoram
2 bay leaves
6.5 cups low-sodium beef broth
4 medium carrots, peeled and chopped
1 large red bell pepper, finely chopped
1 pound small yukon gold potatoes
1 small lemon
1/4 cup fresh flat leaf parsley, chopped
crusty artisan bread, for serving

1. Cut beef into bite-sized pieces. Add to a bowl and season well with salt and pepper. Sprinkle flour on top, tossing until lightly coated.
2. Heat 2 tablespoons oil in a Dutch oven or stock pot over medium-high heat. Add beef and sear, rotating after a minute or so, until browned on all sides (may need to cook in batches). Remove to a plate.
3. Add 2 more tablespoons oil to the pot over medium heat. Add onion and sauté for a few minutes, until transparent. Stir in garlic.
4. Add red wine and let it simmer until it has reduced, about 5 minutes.

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5. Stir in chopped tomatoes, tomato paste, paprika, caraway seeds, marjoram and bay leaf. Pour in broth and return beef to the pot.

6. Bring stew to a boil, then cover, reduce heat to a simmer and cook 1 1/2 hours. Taste broth and seasoning with salt and pepper, if needed. Stir in bell pepper, carrot, and potato and cook until tender, about 20-30 more minutes. Discard bay leaves. Add a squeeze of lemon to the soup pot, to taste, before serving.

7. Serve each bowl garnished with a pinch of parsley. Serve with a slice of fresh crusty bread, for dipping.

Notes:

Yield: 10 cups. Serving Size: 2 cups stew. The whole stew could be made days ahead of time and reheated. Freeze in a freezer safe container for up to 3 months.