



# Hungarian Beef Goulash



Where service *and savings* matter.

**SERVINGS:** 6

**INGREDIENTS:**

**NUTRITIONALS**

Nutritional analysis per serving:  
calories 530, calories from fat 180,  
total fat 20g, saturated fat 8g,  
cholesterol 95mg, sodium 620mg,  
total carbohydrate 52g, dietary  
fiber 9g, sugars 6g, protein 36g,  
vitamin A 40%, vitamin C 50%,  
calcium 6%, iron 30%

- 2 pounds beef stew meat (such as chuck), trimmed and cubed
- 2 tsp caraway seeds
- 1 ½ - 2 Tbsp Hungarian sweet or hot paprika
- 1 tsp salt
- Freshly ground black pepper to taste
- 1 large or 2 medium onions, chopped
- 4 large carrots, cut 1-in thick
- 1 large red bell pepper, chopped
- 1 14-oz can Food Club diced tomatoes
- 1 14-oz can reduced-sodium beef broth
- 1 tsp Worcestershire sauce
- 3 cloves garlic, minced
- 2 bay leaves
- 1 Tbsp cornstarch mixed with 2 Tbsp water
- 2 Tbsp chopped fresh parsley
- 12 oz Ronzoni Healthy Harvest whole wheat blend wide noodles

**DIRECTIONS:**

1. Place beef in a 4-quart or larger slow cooker. Crush caraway seeds with the bottom of a saucepan. Transfer to a small bowl and stir in paprika, salt and pepper. Sprinkle the beef with the spice mixture and toss to coat well. Top with onion, carrots and bell pepper.
2. Combine tomatoes, broth, Worcestershire sauce and garlic in a medium saucepan; bring to a simmer. Pour over the beef and vegetables. Place bay leaves on top. Cover and cook until the beef is very tender, 4 to 4 ½ hours on high or 7 to 7 ½ hours on low.
3. Discard the bay leaves; skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture to the stew and cook on high, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes.
4. Cook pasta according to package directions. Serve goulash over pasta sprinkled with parsley.

**Tip:** Cover and refrigerate for up to 2 days or freeze for up to 4 months.

**Prep ahead:** Trim beef and coat with spice mixture. Prepare vegetables. Combine tomatoes, broth, Worcestershire sauce and garlic. Refrigerate in separate covered containers for up to 1 day.

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## Shopping List

**PRODUCE:**

- 1 large onion
- 1 large red bell pepper
- 1 bud garlic
- 4 carrots
- Fresh parsley

**MEAT/POULTRY/SEAFOOD:**

- 2 lb beef stew meat

**WHOLE GRAINS/  
BREADS/PASTA:**

- 1-12 oz box Ronzoni Healthy Harvest whole wheat blend wide noodles

**SPICES/SEASONINGS:**

- Caraway seeds
- Hungarian paprika
- Salt
- Ground black pepper
- Bay leaves

**GROCERY/FROZEN/  
MISCELLANEOUS:**

- 1-14 oz can Food Club diced tomatoes
- 1-14 oz can reduced-sodium beef broth
- Worcestershire sauce
- Cornstarch

FOLD