

Hungarian Beef Goulash

Recipe by A Kitchen Hoor (@flowerfroggirl)



Ingredients

- 1 pound beef stew meat, trimmed
- 2 teaspoons caraway seeds
- 1/4 teaspoon salt
- 1 1/2 tablespoons sweet paprika
- 2 cups onion, chopped
- 1 cup red bell pepper, chopped
- 3 cloves garlic, mashed into a paste
- 14 ounces canned tomatoes, undrained
- 1 cup beer (Octoberfest)
- 1 cup beef broth
- 2 tablespoons Hungarian sweet paprika
- 2 whole bay leaves, crushed
- 1/4 cup fat free sour cream
- 8 ounces egg noodles
- 2 tablespoons fresh parsley, chopped

Cooking Directions

1. Heat a Dutch oven coated with cooking spray over medium-high heat. Add stew meat and brown on all sides. Remove from heat and keep warm.
2. Return pan to heat and coat with cooking spray. Add onions and saute 2 minutes. Add red bell peppers and saute 2 minutes.
3. Mash the garlic and garlic salt into a paste using the back of a knife. Add to vegetables and saute 1 minute.
4. Add canned tomatoes, beer, beef broth, paprika and bay leaves. Bring to a boil and simmer 15 minutes or until peppers are tender.
5. Return beef to pan and simmer until done; approximately 7 to 10 minutes.
6. Remove from heat and stir in sour cream.
7. Spoon 1 cup egg noodles on each of 4 plates and top with 1 cup of beef mixture. Sprinkle with 1/2 tablespoon chopped parsley.