



## Beef Goulash

Serves 4  
Free on the plan

*This Hungarian hearty stew is a comforting classic. It's rich flavours from the tender beef and warming paprika make it the perfect cosy dish*

## Ingredients

- Spray oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 750g stewing beef
- 2 tbsp paprika
- 1 tsp caraway seeds
- 1 tin of chopped tomatoes
- 2 tbsp tomato puree
- white wine stock cube
- 3 peppers, what ever colour you like
- 500ml of beef stock
- Fresh parsley

## Method

In a large casserole sprayed with oil, cook your onions and garlic for 10 minutes under a low heat. Dry your beef with some kitchen paper and season. Add to the pot and brown under a high heat. Add the paprika and caraway seeds and cook off for a minute, then add the tomatoes, puree, peppers, wine stock cube. Cook for 2 minutes. Then add the stock, cover and simmer for 1.5-2 hours until your meat is tender, leaving the lid off for the final 20 minutes of cooking to allow it to reduce and thicken

Garnish with chopped parsley and serve with your rice allowance.