

Idiot's Kitchen Recipe – Hungarian Goulash

Recipe from www.idiotskitchen.com



1 ½ - 2 pounds boneless lean beef such as Top Round or Round Steak
2-3 Tablespoons Olive Oil
1 large Onion – chopped
2 Tablespoons Flour
2 Tablespoons Paprika – Hungarian Sweet Paprika
1/8 teaspoon Thyme (a pinch)
1 (14 ounce) can Diced Tomatoes
1 cup Tomato Sauce
3 Beef Bouillon Cubes
1-2 Cloves Garlic – Minced
1 Bay Leaf
1 Rib Celery with leaves
4-5 Sprigs Fresh Parsley
Salt & Pepper
Wide Egg Noodles
3-4 Tablespoons Butter
1 teaspoon Poppy Seeds
Sour Cream for garnish

Cut beef into bite sized pieces. Working in small batches, brown the meat in olive oil over medium high heat. Add onions and cook until tender – about 5 minutes. Reduce heat to low and stir in 2 Tablespoons flour, 2 Tablespoons paprika and thyme. Cook for 1-2 minutes, stirring to prevent sticking.

Drain the diced tomatoes, reserving liquid. Add water to tomato juices to make 1 ½ cups and add to meat. Stir to combine. Add diced tomatoes, 3 beef bouillon cubes, and 1-2 cloves of minced garlic. Add 1 cup of tomato sauce. Season with 1 bay leaf, 1 rib of leafy celery and 4-5 sprigs of fresh parsley. Heat until just at a gentle simmer (small bubbles not a full on boil), cover and cook for 90 minutes. Stir occasionally to prevent the sauce from sticking.

After 60 minutes, vent the lid slightly to allow the sauce to thicken. When the meat has cooked and the sauce thickened, remove the bay leaf and celery stalk. Season to taste with salt and pepper.

Cook wide egg noodles in boiling salted water for 6 minutes or until *al dente*. Drain well and toss with 3-4 Tablespoons butter and 1 teaspoon poppy seeds. Serve the goulash on a bed of buttered poppy seed noodles with a dollop of sour cream.

Serves 4.