

Hungarian Goulash (Slow Cooker)

Mrs Charles F Hartman

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 pounds stew beef, cut in
1" cubes
1 large onion, sliced
1 clove garlic, crushed
1/2 cup catsup
2 tablespoons
Worcestershire sauce
1 tablespoon brown sugar
2 teaspoons salt
2 teaspoons paprika
1/2 teaspoon dry mustard
1 cup water
1/4 cup flour*

Trim the beef. Place the meat and onion in the slow cooker.

In a bowl, mix the garlic, Worcestershire sauce, catsup, sugar, salt and paprika in water. Pour over the meat.

Cook, covered, on LOW for nine to ten hours.

Turn heat to HIGH.

In a bowl, make a paste of one cup of water and 1/4 cup of flour. Stir into the meat.

Cook for 15 minutes.

Per Serving (excluding unknown items): 360 Calories; 2g Fat (4.0% calories from fat); 8g Protein; 84g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 5997mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fat; 3 Other Carbohydrates.