

## Beef

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# Beef Goulash

**Servings: 4**

*Exchanges: One serving = 3 medium-fat meat, 2 vegetable, 1 1/2 bread.*

**1 pound boneless chuck steak, all fat removed, cut into 1-inch cubes**

**1 medium onion, minced**

**1 clove garlic, minced**

**1 tablespoon Hungarian sweet paprika**

**1 cup water**

**1 bay leaf**

**1 small ripe tomato, quartered and seeded**

**1/4 teaspoon caraway seeds**

**pepper to taste**

**4 medium tomatoes, peeled and diced**

**1 1/2 cups carrots, scraped and cut into 1" rounds**

**1 small green pepper, cored, seeded and quartered**

**1 pound small white potatoes**

In nonstick skillet, cook beef little by little until browned on all sides. Remove meat and set aside.

Cook onion and garlic for 3 minutes. Return beef to skillet. Add paprika to coat beef. Add water, bay leaf, tomato, caraway, and season with pepper. Cover and simmer over low heat for two hours. Remove bay leaf.

Parboil potatoes and carrots for 10 minutes, drain, and add to meat with green peppers. Cook for 30 minutes until vegetables are tender.

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Per Serving (excluding unknown items): 73 Calories; 1g Fat (7.7% calories from fat); 2g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 34mg Sodium. Exchanges: 3 Vegetable; 0 Fat.