
Hungarian Beef Goulash

Barbara Kelly

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Servings: 4

2 pounds beef, cut into 1/2inch cubes

1/3 cup flour

1/4 cup salad oil

1 tablespoon paprika

1 1/2 teaspoons salt

1/4 teaspoon pepper

1 pound small white onions

1 cup beef broth

1/2 cup sherry

1 tablespoon vinegar

1 tablespoon caraway seeds

1 bay leaf

cooked noodles

Coat the beef with flour. Heat oil in a large skillet. Brown the beef a few pieces at a time. Remove the beef and sprinkle with paprika, salt and pepper.

In the same skillet, add the onions. Saute' until golden. Stir in the beef broth, sherry, vinegar, caraway seeds and bay leaf. Bring to a boil.

Return the beef to the skillet. Simmer, covered, for one hour or until tender.

Serve over hot noodles.

Beef

Per Serving (excluding unknown items): 834 Calories; 58g Fat (65.4% calories from fat); 47g Protein; 22g Carbohydrate; 3g Dietary Fiber; 152mg Cholesterol; 1252mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.