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# Hungarian Goulash IV

*Marci Stephens*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

**1/4 cup shortening**  
**2 pounds beef chuck or round, cut into one-inch cubes**  
**1 cup onion, sliced**  
**1 small clove garlic, minced**  
**3/4 cup ketchup**  
**1 tablespoon Worcestershire sauce**  
**1 tablespoon brown sugar**  
**2 teaspoons salt**  
**2 teaspoons paprika**  
**1/2 teaspoon dry mustard**  
**dash cayenne pepper**  
**1 1/2 cups water**  
**2 tablespoons flour**  
**1/4 cup water**  
**3 cups cooked noodles**

Melt the shortening in a large skillet. Add the beef, onion and garlic. Cook and stir until the meat is brown and the onion is tender.

Stir in the ketchup, Worcestershire sauce, sugar, salt, paprika, mustard, cayenne and 1-1/2 cups of water. Cover and simmer for 2 to 2-1/2 hours.

In a bowl, blend the flour and 1/4 cup of water. Stir the flour/water mixture gradually into the meat mixture. Heat to boiling, stirring constantly. Boil and stir for 1 minute.

Serve over noodles.

Yield: 6 to 8 servings

## **Beef**

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*Per Serving (excluding unknown items): 1417 Calories; 56g Fat (34.7% calories from fat); 27g Protein; 209g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 6573mg Sodium. Exchanges: 8 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 10 1/2 Fat; 4 Other Carbohydrates.*