

# Hungarian Goulash

*Joe Knaver*

*Holy Trinity Hungarian Church, Chicago, IN - 95th Anniversary Cookbook, 2001*

*2 1/2 pounds beef sirloin  
1/3 cup oil  
1 1/2 cups onion, chopped  
1 bell pepper, seeded and chopped  
2 tablespoons paprika  
1/2 cup dry wine  
2 cups water  
1 pound mushrooms, quartered  
1 medium tomato  
1 teaspoon flour  
2 teaspoons salt  
1/4 teaspoon pepper  
1 cup sour cream*

**Cut the beef into 1-1/2-inch cubes**

**Heat the oil in a skillet and add the beef. Cook until almost browned. Add the onion, bell pepper and paprika. Cook until the onion is tender.**

**Add the wine and water. Heat to a boil. Reduce the heat and simmer for 1-1/2 to 2 hours or until the beef is tender.**

**Stir in the mushrooms and tomatoes. Cover and simmer for 30 minutes, stirring occasionally.**

**In a bowl, combine the flour, salt, pepper and sour cream. Stir into the beef. Cook until thickened.**

**Serve over noodles or rice.**

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**Per Serving (excluding unknown items): 3778 Calories; 287g Fat (68.0% calories from fat); 230g Protein; 74g Carbohydrate; 16g Dietary Fiber; 824mg Cholesterol; 5015mg Sodium. Exchanges: 1/2 Grain(Starch); 29 Lean Meat; 10 1/2 Vegetable; 1/2 Non-Fat Milk; 38 Fat.**