

# Weeknight Goulash (Slow Cooker)

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## Servings: 2

*1 pound beef stew meat*  
*1 tablespoon olive oil*  
*1 cup beef broth*  
*1 small onion, chopped*  
*1/4 cup ketchup*  
*1 tablespoon*  
*Worcestershire sauce*  
*1 1/2 teaspoons brown sugar*  
*1 1/2 teaspoons paprika*  
*1/4 teaspoon ground mustard*  
*1 tablespoon all-purpose flour*  
*2 tablespoons water*  
*hot cooked egg noodles or spaetzle*

## Preparation Time: 25 minutes

### Slow Cooker: 8 hours 50 minutes

In a large skillet, brown the beef in oil. Drain. Transfer to a one-and-one-half-quart slow cooker.

In a bowl, combine the broth, onion, ketchup, Worcestershire, brown sugar, paprika and mustard. Pour over the beef.

Cover and cook on LOW until the meat is tender, eight to ten hours.

In a small bowl, combine the flour and water until smooth. Gradually stir into the beef mixture. Cover and cook on high for 30 minutes longer or until thickened.

Serve with noodles.

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Per Serving (excluding unknown items): 559 Calories; 27g Fat (43.8% calories from fat); 55g Protein; 22g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 1206mg Sodium. Exchanges: 1/2 Grain(Starch); 7 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.