

 **Preparation:** 15 mins  
**Cooking:** 2–2½ hrs

 **Serves:** 6

 **Difficulty:** easy



# Beef goulash

Whether you want to warm up on a chilly evening or treat your guests to a hearty dish that harks back to Central European culinary traditions, this paprika-infused beef goulash is comfort food at its best.

## INGREDIENTS

- 2 tbsp vegetable oil
- 2 large onions, finely chopped
- 3 garlic cloves, finely chopped
- 1kg prime beef, diced
- 2 tsp hot smoked paprika
- 1 tbsp sweet paprika
- 1 tsp caraway seeds
- 400g tin of chopped tomatoes
- 400ml beef stock
- 2 bay leaves
- Salt and pepper, to taste
- 2 red peppers, diced
- 2 carrots, sliced
- 3 medium potatoes, cubed

## RECIPE

1. Heat the vegetable oil in a large saucepan over a medium-high heat.
2. Sauté the chopped onions until softened (about 5 minutes).
3. Add the garlic and fry for another minute or so.
4. Next, add the beef, stirring regularly to make sure the chunks are sealed all over.
5. Stir in the paprika (hot and sweet) and caraway seeds, before adding the chopped tomatoes, beef stock and bay leaves.
6. Season with salt and pepper, and then add the peppers, carrots and potatoes.
7. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for about 2–2½ hours, stirring occasionally, until the beef is very tender.
8. Remove the bay leaves before serving, taste and adjust seasoning if necessary.

Serve hot, ideally with fresh, crusty bread.

