

Goulash

Ingredients

- 3 Tbsp. lard or butter
- 2 yellow onions, chopped
- 1/4 cup Hungarian paprika
- 1 1/2 lbs stewing beef, cut into 1/2" cubes
- 5 garlic cloves, minced
- 2 red bell peppers, cut into 1/2" chunks
- 1 yellow red bell pepper, cut into 1/2" chunks
- 2 tomatoes, diced
- 2 carrots, diced
- 2 white or red potatoes, cut into 1/2" cubes
- 5 cups beef broth
- 1 bay leaf
- 1 tsp salt
- 1/2 tsp black pepper
- sour cream to taste

Directions

Heat lard or butter in a large cooking pot over medium-high heat. Add the onions and cook, stirring occasionally, until they start to brown. Turn off the heat.

Add the paprika to the onions and stir well, making sure the paprika doesn't burn.

Stir in the beef and garlic. Turn the heat back to medium-high and cook, stirring occasionally, until the beef browns, about 10 minutes.

Add the bell peppers and continue cooking for another 7 minutes, stirring occasionally.

Add the tomatoes, carrots, potatoes, beef broth, bay leaf, salt and pepper. Stir well and bring to a boil. Cover, lower heat to medium, and cook for 40 minutes. Taste and adjust seasoning. Serve with sour cream.

<http://www.marga.org/food/int/hungary/goulash.html>