



Hungarian Goulash



Serves	Prep Time	Cooking	Total Time	Calories
4 people				477 kcal

Stuff that's in it:

- 1 Tbsp Extra Virgin Olive Oil
- 700G Braising Steak (Cubed)
 - 1 Onion (Sliced)
- 3 Garlic Cloves (Finely Chopped)
 - 2 Red Pepper (Chopped)
 - 1 Tbsp Red Wine Vinegar
 - 2 Tbsp Tomato Puree
 - 2 Tsp Sweet Paprika
- 1 Tsp Chilli Powder (Mild)
 - 1 Tsp Brown Sugar
 - 800ml Beef Stock
- 2 Tbsp Fresh Parsley (Chopped)
- 350G Sweet Potato (Peeled, Diced)
 - 200G Celeriac (Peeled, Diced)
 - Soured Cream To Serve

What you do:

Heat a large pan, add the oil and fry the beef cubes and onion all over until the onions are soft and the beef

is browned all over.

Add the Garlic after so it doesn't cook too quickly , add the peppers and fry all over. Add the red wine vinegar, mix then add the sugar, paprika and chilli powder with the tomato puree. Mix well and then add your sweet potato and celeriac to your slow cooker.

Then add the beef mix to your slow cooker, pour over the stock stir , add the lid and cook until you're ready, serve with sour cream and mash

Slow cook high around 5 hours

Slow cook low around 7-9 hours

Nutrition

- Carbs: 33g
- Fat: 20g
- Protein: 42g
- Fibre: 7g
- Saturated Fat: 7g

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