

## Recipe from Hungary

Traditional Hungarian goulash is a great example of how a few simple ingredients, properly cooked, can produce an incredible flavor!



### Ingredients

- 4 tablespoons bacon fat or vegetable oil
- 1½ pounds chopped onion
- 3 stalks celery, chopped
- 5 cloves garlic minced
- 6 tablespoons Hungarian paprika,
- 1 tablespoon caraway seeds
- 2-3 pounds beef (chuck roast) cut in ½ inch cubes
- 28 oz can diced tomatoes
- 2-3 quarts good quality beef broth
- 8 peppers, a combination of Hungarian hot and Banana wax peppers, sliced
- 2 potatoes cut in ½ inch cubes
- 2 carrots, cut in half and sliced
- 1 tablespoon vinegar
- salt and pepper to taste
- chopped parsley to garnish \*optional

### Instructions

1. Heat 1 tablespoon bacon fat or oil in large 5-6 quart pan over high heat. Dry ½ of meat cubes, add to pan, and sear over high heat until browned on all sides. Be careful not to crowd the meat in the pan. Remove meat from pan and repeat with remaining ½ of meat cubes and 1 tablespoon bacon fat or oil. Remove meat from pan.
2. In same pan, heat 2 tablespoons bacon fat over medium heat. Add onion and celery and cook until soft. Add minced garlic and sauté 1 minute.
3. Return meat cubes to pan with cooked onion. Add paprika and tomatoes. Stir to coat and cook for a few minutes.
4. Add beef broth and simmer until meat is almost tender, about 1 – ½ hours.
5. Add peppers and carrots. Cook for about 15 minutes.
6. Add potatoes and cook until soft but not falling apart.
7. Add water or beef broth as necessary.
8. Remove from heat and serve.