

Hungarian Goulash

<http://thedomesticman.com/2012/10/02/hungarian-goulash-gulyas>



2 lbs chuck roast, cut into 1" pieces
2 smallish onions, blended
4 cloves garlic, minced
2 1/2 tbsp paprika
1 tbsp tomato paste
1 cup each chicken and beef broths
1 bay leaf
1/2 tsp each dried marjoram, caraway seeds
1/2 green pepper, cut into bite-sized pieces
1/2 red pepper, cut into bite-sized pieces
2 large russet potatoes, peeled and cut into bite-sized pieces
2 tbsp lard (coconut oil is okay too)

You might be wondering why the recipe calls for two halves of peppers. It's for color; if you would like to be economical and only buy one color of pepper, I won't hold it against you.

Warm up one tbsp of lard in a dutch oven on medium heat for a few minutes, then brown half of the meat, turning every couple minutes. They should be nice and browned after about six minutes, remove them and set aside. Add the second tbsp of lard and brown the other half of the meat in the same way, then removing and setting aside with the other meat.

Add the blended onion to the dutch oven and sauté until softened and slightly translucent, about five minutes. It will probably start drying up, which is fine. This is a good time to preheat your oven to 325 degrees. Add the garlic and sauté for another minute. Add the tomato paste and paprika, and sauté for another minute.

Next, add the broths, bay leaf, marjoram and caraway seeds, and stir together until uniform in appearance. Bring to a simmer then add the meat (and its juices), cover, and put in the oven.

Bake for one hour and ten minutes. During this time you can prep your potatoes and peppers.

After an hour and ten minutes, stir in the peppers and potatoes, re-cover the dutch oven and bake for another 30 minutes.

That's it! The potatoes will thicken the soup slightly, to borderline "stew" territory. Some people like to stir in a bit of sour cream at the end, and I think that's a fine idea if you're up for it, but not totally necessary.