



Beef Goulash

Goulash is an easy-to-prepare traditional Hungarian stew consisting of vegetables and meat in a savory tomato sauce. It is a popular dish in many parts of Europe including the Netherlands, Belgium, Switzerland, and Scandinavia. It is commonly made with sweet Hungarian paprika, which can be found in specialty supermarkets.

CACFP CREDITING INFORMATION

1/2 cup goulash (No. 8 scoop) and 1/4 cup cooked noodles (No. 16 scoop) provides 1 1/2 oz equivalent meat, 1/4 cup vegetable, and 1/2 oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef stew meat, raw, lean, cubed 1/2"	4 lb		8 lb		1 Place beef, onions, minced garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika, and mustard into an 8 or 8 1/2 qt slow cooker. Stir well. For 25 servings, use 1 slow cooker. For 50 servings, use 2 slow cookers.
*Onion, fresh, peeled, 1/4" diced	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 1/2 qt	
*Garlic, fresh, minced		8 cloves OR 1 Tbsp 1 tsp		16 cloves OR 2 Tbsp 2 tsp	
Ketchup		1 cup		2 cup	
Worcestershire sauce		1/4 cup		1/2 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar, brown, unpacked		¼ cup		½ cup	
Salt, table		2⅛ tsp		1 Tbsp 1¼ tsp	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Mustard, yellow, prepared		1 Tbsp 1 tsp		2 Tbsp 2 tsp	2 Cover and cook for 5 hours on high or 10 hours on low.
Warm water		1 cup		2 cup	3 To make slurry: Combine warm water and flour, mix well using a whisk or fork to form a thin paste, known as a slurry. Add the slurry to the slow cooker and cook for 20 minutes or until the goulash has thickened.
Flour, all purpose, enriched		½ cup		1 cup	
Egg noodles, whole-grain, uncooked	12½ oz	2 qt 1⅓ cup	1 lb 9 oz	1 gal 2⅔ cup	4 Fill a large stock pot with water.
					5 Heat water to a rolling boil. Slowly add noodles. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. Do not over cook. Drain well.
					6 Serve ½ cup (No. 8 scoop) goulash over ¼ cup (No. 16 scoop) noodles. Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For ½ cup (No. 8 scoop) goulash and ¼ cup (No. 16 scoop) cooked noodles.

NUTRIENTS	AMOUNT
Calories	188
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	33 mg
Sodium	346 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	13 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	N/A
Calcium	26 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onion	3 lb 3½ oz	6 lb 7 oz
Garlic	8 cloves	16 cloves

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Variations

If using frozen beef, defrost in the refrigerator 1 day per 1–5 pounds. Store raw beef at 40 °F or lower. May substitute ¼ cup whole-grain-rich cooked noodles with ¼ cup cooked brown rice.

Slow Cooker and Food Safety Tips

Slow cookers cook foods slowly at a low temperature—generally between 170 °F and 280 °F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Always thaw meat or poultry before putting it into a slow cooker. Make sure the cooker is plugged in and turned on. Keep the lid in place.

YIELD/VOLUME

25 Servings	50 Servings
9 lb 8 oz	19 lb
1 slow cooker (3 qt 1 cup goulash and 1 qt 2¼ cup noodles)	2 slow cookers (1 gal 2 qt 2 cup goulash and 3 qt ½ cup noodles)

