



Beef Goulash

Goulash is an easy-to-prepare traditional Hungarian stew of vegetables and meat in a savory tomato sauce. Popular in Belgium, the Netherlands, Switzerland, and Scandinavia, it is commonly made with sweet Hungarian paprika, which can be found in specialty supermarkets.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 3 hours 15 minutes

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INGREDIENTS

- 15¹/₃ ounces** beef round, roast or steak, fresh or frozen, lean, $\frac{1}{2}$ " cubed
- 2¹/₈ cups** onions, fresh, $\frac{1}{4}$ " diced
- 2 cloves** garlic, fresh, minced
(1 clove is about $\frac{1}{2}$ teaspoon minced)
- $\frac{1}{4}$ cup** ketchup
- 1 tablespoon** Worcestershire sauce
- 1 tablespoon** brown sugar, unpacked
- $\frac{1}{2}$ teaspoon** salt, table
- 1 teaspoon** paprika
- 1 teaspoon** mustard, yellow, prepared
- $\frac{1}{4}$ cup** water, warm
- 2 tablespoons** flour, all purpose, enriched, unbleached
- 2¹/₄ cups** whole grain–rich egg noodles, uncooked; or other whole grain–rich pasta

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DIRECTIONS

- 1.** Place beef, onions, minced garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika, and mustard into a slow cooker, and stir well.
- 2.** Cover and cook for 3 hours on high or 6 hours on low (see slow cooker safety tips, next page).
- 3.** 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, cover, and cook for 15 minutes or until goulash has thickened. Heat to 165 °F or higher for at least 15 seconds.
- 4.** Fill a large pot with water. Bring water to a rolling boil. Slowly add noodles. Stir constantly, until water returns to a boil. Cook uncovered for about 8 minutes or until tender. Do not overcook. Drain well.
- 5.** Serve $\frac{1}{2}$ cup goulash over $\frac{1}{4}$ cup of cooked noodles.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ½ cup goulash over ¼ cup 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	N/A
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.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

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CACFP CREDITING INFORMATION

½ cup goulash over ¼ cup cooked noodles provides 1 ½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

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CHEF TIPS

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.

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.

Garnish with fresh, chopped, Italian parsley.