

Slow-Cooker Beef Goulash

Other recipes



DIETARY:
Diabetic, Low Fat, Dairy Free, Nut Free

MAKING THIS RECIPE

Ingredients

4 tablespoons oil
650g stewing steak, cut into chunks
2 tablespoons plain flour
1 large onion (thinly sliced)
3 garlic cloves (sliced thinly)
1 green pepper (thinly sliced)
1 red pepper (thinly sliced)
2 tablespoons tomato purée
2 tablespoons **Hungarian paprika**
1 teaspoon **Caraway seeds**
4 **Bay Leaves**
1 tin chopped tomatoes
50ml fruity red wine (optional)
300ml stock

Method

Step 1

Heat the slow cooker to low and heat 2 tbsp oil in a deep frying pan over medium heat. Season and sear the beef in batches until brown on all sides, transfer to a bowl.

Step 2

Put the remaining oil in the frying pan and cook the onions for 10 mins till golden. Add the peppers and garlic, and fry for another 5-10 mins, then stir in the flour and all of the spices. Cook for 2 mins more, then stir in the tomato purée, tomatoes and 300ml stock. Season well.

Step 3

Bring the mixture to a simmer, then tip into the slow cooker with the seared beef. Add water, if needed, the meat needs to be completely covered. Place the lid on and cook for 6-7 hrs until the beef is tender and the sauce has thickened.

Serve with crispy potatoes or rice, and lots of buttered bread.

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Sweet And Spicy Seven Seas
Chicken

INDONESIAN

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Spicy Fried Meatballs With
Mexican Potatoes

MEXICAN, WORLDWIDE

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Lebanese Rice With Beef, Sumac
And Egg

MIDDLE EASTERN, MIDDLE EAST

TAKE A LOOK

Buy the ingredients for this recipe

