

# Italian Style Beef Goulash

Yield: 6 min  
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-joe-goulash-recipe>

## Ingredients:

- 1 1/2 pounds beef cut into 1-inch-ish cubes, 650g
- 1 pound onions yellow and/or red onion, peeled, halved and sliced, 400g
- 2 tablespoons olive oil for cooking onions
- 1 tablespoon water
- 1 tablespoon all-purpose flour
- 1 bay leaf
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon fresh thyme sprigs
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon rosemary
- 1/2 cup tomato paste 100ml
- 1 tablespoon paprika sweet, preferably Hungarian
- 3 cups hot water
- salt
- pepper

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 75 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 390 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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