

Beef Goulash

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/goulash-triestino-recipe-by-lidyas-italy>

Ingredients:

- 2 1/2 pounds boneless beef chuck preferably chuck-eye roast or chuck tender
- 4 ounces bacon about 4 thick-cut slices, roughly chopped
- neutral cooking oil such as canola or safflower
- 3 yellow onions about 1 pound, sliced into thin half moons
- 5 cloves garlic minced or pressed
- 2 teaspoons caraway seeds optional
- 3 tablespoons Hungarian sweet paprika
- 2 tablespoons tomato paste
- 2 teaspoons marjoram dried
- 1/2 cup dry red wine such as Chianti or Zinfandel
- 2 cups chicken stock good-quality, preferably homemade
- 1 1/2 cups beef stock good-quality, preferably homemade, See Recipe Notes
- 2 red bell peppers sliced lengthwise into thin strips
- ground black pepper
- kosher salt
- 12 ounces wide egg noodles cooked according package directions
- 8 ounces sour cream for serving
- fresh dill for garnish, optional

Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 205 milligrams
4. Fat: 57 grams
5. Fiber: 4 grams
6. Protein: 52 grams
7. SaturatedFat: 21 grams
8. Sodium: 730 milligrams
9. Sugar: 10 grams

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