

Treasure Barrel

Slow-Cooked Beef Goulash

20 min Prep time	**3 h 30 min** Cook time	**3 h 50 min** Total time
6 Servings	**Medium** Difficulty	**Hungarian** Cuisine

Ingredients

For the Beef and Sear

- [ ] 2 ½ lbs beef chuck roast, cut into 1 ½-inch cubes
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon black pepper

For the Aromatics and Sauce

- [ ] 2 large yellow onions, thinly sliced
- [ ] 3 tablespoons sweet paprika
- [ ] 2 tablespoons tomato paste
- [ ] 4 cloves garlic, minced
- [ ] 1 teaspoon caraway seeds, lightly crushed
- [ ] 4 cups beef broth, divided
- [ ] 1 bay leaf
- [ ] Salt and pepper to taste

For Serving (Optional)

- [ ] Chopped fresh parsley
- [ ] Sour cream or crème fraîche (for dairy-free, omit)
- [ ] Egg noodles, spätzle, or mashed potatoes

Instructions

1. Pat the beef cubes thoroughly dry with paper towels. This is important for getting a good sear. Season them all over with the teaspoon of salt and half teaspoon of pepper.
2. Heat the olive oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat. Working in batches to avoid crowding, add the beef cubes and sear them until they develop a deep brown crust on all sides, about 4-5 minutes per batch. Transfer the seared beef to a plate and set aside.
3. Reduce the heat to medium. Add the sliced onions to the same pot. Cook, stirring occasionally, until the onions have softened and started to turn a light golden brown, about 8-10 minutes. If the pot seems dry, add a splash more oil.
4. Add the minced garlic, tomato paste, and paprika to the onions. Cook, stirring constantly, for about 1 minute until the mixture is fragrant. The paprika will darken slightly.
5. Pour in about ½ cup of the beef broth to deglaze the pot, scraping up all the browned bits from the bottom with a wooden spoon. This is pure flavor.
6. Return the seared beef and any accumulated juices back to the pot. Add the remaining beef broth, the crushed caraway seeds, and the bay leaf. Stir everything together.

7. Bring the liquid to a simmer, then reduce the heat to low. Cover the pot with a tight-fitting lid and let it simmer gently for 2 ½ to 3 hours, or until the beef is incredibly tender and easily pulls apart. Check occasionally to ensure it's at a gentle bubble, not a boil.

8. Once the beef is tender, taste the sauce and adjust the seasoning with more salt and pepper as needed. If the sauce is thinner than you'd like, you can simmer it uncovered for the last 15-20 minutes to thicken slightly.

9. Remove the bay leaf. Serve the goulash hot over your chosen base, garnished with fresh parsley and a dollop of sour cream if using. It's also delicious with a crusty bread for dipping, almost like you'd have with a meat casserole.

Nutrition per serving

420 kcal	38 g	12 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- Searing the beef properly is the most important step for flavor – don't skip it!
- Leftovers taste even better the next day as the flavors continue to meld.
- For a thicker sauce, mix 1 tbsp cornstarch with 2 tbsp cold water and stir it in during the last 10 minutes of cooking.