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AUSTRIAN-STYLE BEEF GOULASH

Serves 4
Per serving 429 calories 15.7g fat
(excluding accompaniments)
Protein: 37g
Carbohydrate: 18g
Fibre: 4.5g
Prep time: 15 minutes
Cook time: 2 hours 30 minutes

Suitable for freezing

INGREDIENTS

Rapeseed oil spray
2 large onions, sliced
675g lean stewing steak
2 carrots, diced
2 celery sticks, chopped
1 tablespoon plain flour
1½ tablespoons mild paprika
1 tablespoon caraway seeds
600ml beef stock (use stock pot if necessary)
1 tablespoon chopped fresh thyme
2 bay leaves
2 tablespoons tomato purée
Freshly ground black pepper
Chopped fresh mint and parsley to garnish (optional)

METHOD

1. Preheat the oven to 180°C, 350°F, Gas Mark 4
2. Spray a non-stick pan or casserole with rapeseed oil and heat until hot, then dry-fry the onions until soft. Add the beef, a little at a time to maintain the heat in the pan, to sear the sides of the chunks. Season well with freshly ground black pepper.
3. Add the carrots and celery and cook for a further minute. Reduce the heat and sprinkle with the flour and paprika and stir to 'cook out' the flour for another minute. Then gradually add the stock, stirring continually to avoid lumps forming. Add the thyme, bay leaves and tomato purée.
4. Cover the casserole and cook in the oven for approximately 2 hours or until the meat is tender.
5. When ready to serve, sprinkle the chopped mint and parsley. Serve with new potatoes, skin on, and unlimited green vegetables.

