

Total Servings - 5 servings

Serving Size - 2 cups

Dietary Considerations - Gluten Free

Ingredients for Vandal Goulash

- 3 tbs Olive Oil
- 2 medium Yellow Onions, diced
- 2 tsp Paprika
- 3 tsp Salt pepper
- 1 tsp garlic powder
- 3 clove Garlic, minced
- 2 tsp smoked paprika
- 2 lbs Beef, stew meat, cut into 1 inch cubes
- 1, 8oz cans Tomato Sauce
- 1, 14.5oz can Diced Tomatoes, can be original or seasoned flavor
- 2 cups Beef Broth
- 4 medium Idaho Grown Potatoes, cut into quarter inch cubes
- 2 tbs Optional side- sour cream

Directions for Vandal Goulash

Notes - Trim meat of excess fat for best cook.

STEP 1 In a large pot over medium heat, saute onions until translucent in olive oil with salt

STEP 2 Add beef and garlic to onion mixture and cook until meat is brown on all sides
Once browned, add remaining spices

STEP 3 Add broth, tomato sauce, and diced tomatoes and bring mixture to a boil

STEP 4 Cover & cook on high for approximately 10 minutes

STEP 5 Add cubed potatoes and turn heat down to medium or low to simmer until potatoes and beef are tender with cover (about 1 hour)

STEP 6 Serve warm with optional sides

Nutritional Data for Vandal Goulash

Calories 588

Total Fat 20.8g

Saturated Fat 9.6g

Cholesterol 0mg

Sodium 582.6g

Total Carbohydrates 50.4g
Dietary Fiber 12.8g
Sugar 19.4g
Added Sugar 0g
Protein 37.6g