

Recipe: Hungarian Goulash



Richly flavored beef makes this a popular buffet dinner dish.

3 lbs. lean beef chuck
2 tablespoons margarine
2 cups chopped onions
1 clove garlic, minced
1 tablespoon paprika
2 1/2 teaspoons salt
1/2 teaspoon caraway seeds
1/2 cup Coca-Cola®
1/4 cup dry red wine
4 ripe tomatoes
3 tablespoons flour
Hot cooked noodles

Cut beef into 1-inch cubes, discarding bone and fat. In a Dutch oven, melt margarine and add meat, stirring to brown on all sides. Remove meat cubes as they brown. Sauté onions and garlic in the drippings until they are soft. Stir in paprika, salt and caraway seeds; cook 1 minute. Stir in meat, Coca-Cola, wine, and peeled, cut-up tomatoes. Cover tightly; simmer about 1 1/4 hours or until meat is fork-tender. Blend flour with a little water to make a smooth paste; stir into goulash. Stir and cook 3 to 5 minutes until gravy is thickened. Serve with hot noodles.

Makes 6 cups goulash or 8 servings.