

# Quick and Easy Beef Goulash

*Serves: 4*

*Preparation time: 10 minutes*

*Cooking time: 40 minutes*

## **Ingredients**

1 kg blade steak or beef stir-fry strips  
3 medium onions, cut into thin wedges  
3 cloves garlic, crushed  
2 red capsicums, chopped  
2 tbsp sweet paprika  
2 tbsp caraway seeds  
1 tsp sugar  
2 tbsp tomato paste  
2 cups beef stock  
½ cup sour cream  
2 tsp cornflour  
pasta or egg noodles to serve



## **Method**

1. Preheat oven to 180°C. Slice the steaks across the grain into strips (about 1cm wide). Season the beef with salt and pepper, add a little oil and mix well.
2. Heat a wok or frypan, ensure it is hot. Stir-fry the beef in 3 batches, remove each batch and place in a casserole dish. Add a little oil to the pan, add the onion, garlic and capsicum and cook for 2 minutes. Add the paprika, caraway seeds and sugar, cook stirring for 1 minute. Add the tomato paste and stock, continue to stir until the mixture boils. Pour over the beef in the casserole dish and stir to combine.
3. Cover the casserole dish, place in the oven and cook for 30-40 minutes or until the beef is tender. In the last 10 minutes of cooking time, stir in the combined sour cream and cornflour. Serve with pasta or noodles.

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