



## Goulash To Go

Serves 4

Great for when the weather is a bit inclement, or you just want a hearty meal.

- 1/4 cup (1/2 stick) butter
- 1 1/2 pounds beef round steak, cut into 1-inch chunks
- 2 large onions, quartered
- 2 potatoes, peeled and quartered
- 4 carrots, cut into 1-inch chunks
- 2 cups water
- 1 3/4 cups beef broth (stock cubes are perfect here)
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 2 tomatoes, chopped

### Preparation

1. In a large pan or pressure cooker , melt butter over high heat. Add steak and onions and cook 6 to 8 minutes, or until meat is browned, stirring frequently. Add remaining ingredients except tomatoes, cover, and reduce heat to low. Simmer 45 minutes (5-8 mins in a pressure cooker).
2. Add tomatoes and simmer, uncovered, 25 to 30 minutes (4-5 mins in a pressure cooker), or until beef is tender and sauce is thickened.

Don't forget some bread to mop up all that lovely sauce.

NOTE: This is perfect cooked in a pressure cooker, saving time and gas