

## Hungarian Goulash (Instant Pot)

This hearty stew pairs well with mashed potatoes, rice, or pasta. Use a mixture of sweet and hot paprika if you prefer a little more spice to your food.

### Ingredients

- 1 tablespoon vegetable oil
- 3 pounds of beef bottom round roast, cut into 1-inch cubes - boneless skinless chicken breast or thigh substitutes well in this recipe
- 1 teaspoon salt
- 2 large onions, diced (or 2 tablespoons onion powder and skip the onion sautéing step, just add it when you add the other seasonings)
- ¼ cup sweet paprika
- 1 teaspoon caraway seeds
- 1 cup beef broth (use reduced/low-sodium)
- (1) 6-oz can no-salt-added tomato paste OR (1) 14.5 oz can no-salt-added petite diced tomatoes, or 2 cups diced fresh tomatoes if you like tomato chunks
- ½ teaspoon fresh ground black pepper

### Cornstarch slurry to thicken sauce when done (optional)

- ¼ cup water + 2 tablespoons cornstarch

### INSTRUCTIONS

**1. Sear the beef in small batches:** Heat the vegetable oil in the pot over medium heat (Sauté mode IP). While the pot heats, sprinkle the cubed meat with salt. Sear the meat in 3-4 batches until browned. Transfer the browned beef to a bowl (you'll add it back once the sauce is going).

**2. Sauté the onions (skip this step if you are using onion powder instead):** Add the onions to the pot, don't worry about any remnants of browned meat in the bottom, add a little water (up to 1/4 cup) if they are browning instead of getting soft/transparent. Sauté until the onions soften, about 8 minutes, stirring and scraping the bottom of the pot occasionally to loosen any browned bits of beef.

**3. Combine all ingredients in pot:** Stir the beef broth and tomato paste or tomatoes into the pot - if using tomato paste, whisk to blend. Sprinkle the (onion powder if using), paprika and caraway into the pot and then add the meat (and any juices) that are in the bowl.

**4. Pressure cook the stew for 15 minutes with a natural pressure release:** Lock the lid on the pressure cooker. Cook at high pressure for 15 minutes in an electric pressure cooker ("Manual" mode in an Instant Pot). Natural pressure release will result in a more tender result than using the 'quick release' option.

**5. Thicken, taste for seasonings, and serve:** Whisk the water and cornstarch together to make a cornstarch slurry, and then stir the slurry into the stew. Cook, stirring constantly, until the sauce has thickened, add salt and pepper to taste if needed, then serve.

For slow cookers, you can combine all ingredients except for the cornstarch slurry, and cook (covered) on 'low' for 8 hours or 'high' for 4 hours. To cook on the stovetop, follow the same braising technique, and at step 4, bring to a boil, then lower to a simmer for 2-3 hours (or until tender). You'll need to watch the stovetop method more closely, as your idea of 'simmer' and mine may vary, resulting in longer or shorter cooking times.