

# Hungarian Goulash

- 2 lbs. Beef Chuck or Round, (cut in 1 inch cubes)
- 4 Onions, medium-sized (sliced)
- 2 Bell peppers, green or red/yellow (diced)
- 3 Garlic clove (minced)
  
- 2 tsp Paprika
- 4 Bay leaves
- 2 tsp Salt
- ¼ tsp Allspice
  
- 4 Tbsp Crisco® or cooking oil
- 1 cup Tomato juice
  
- 2 cups *Water (only if using pressure cooker)*



## **Pressure Cooker Method:**

Place meat, garlic and Crisco/oil in pressure cooker. Brown the meat for 10 minutes. Add the remaining ingredients to the cooker. **Don't forget the extra 2 cups of water.** Bring pressure cooker to 15 lbs, then cook for 20 minutes. Thicken with 3-4 tablespoons corn starch.

## **Crock Pot Method:**

Place meat, garlic and Crisco/oil into a skillet. Brown the meat for 10 minutes. Put meat and pan scrapings into crock pot. Add remaining ingredients and cook on HIGH for 5½ - 6 hours.

Serve over wide egg noodles.