

RECIPE OF THE WEEK: PALEO EDITION

Klaus' Goulasch

Ingredients:

beef stew meat - 3.0 - 3.25 lbs (best from whole foods)
1/2-1 cup chopped baby carrots - Klaus addition
1/2 bag frozen peas – Klaus addition
2 small cans chopped mushrooms - Klaus addition
2 medium or 1.5 large yellow onions chopped (fajita type chopping size)
2 cloves crushed garlic (or buy the pre-minced garlic in olive oil- to taste or 1/3 tbsps)
14 oz can beef broth or beef bullion cube boiled in 14 oz water
14 oz can chunked tomatoes (Italian style)
6 oz can of tomato paste
2 tbsps paprika
1 teaspoon fennel seed or caraway seed
3-4 pinches of salt
bay leaf

Instructions:

1. Mix the broth, tomato paste and can of chunked tomatoes, garlic, all the spices in a big bowl - set aside
2. Put the chopped veggies in the bottom of a LARGE crock pot with the bay leaf, add the meat on top, gently press down on the whole thing so it fits, pour the tomato sauce carefully on the whole thing.
3. Cook for: low = 10 hours, or high = 6 hours

Prep Time: 15-20 mins prep time only

Compliments of Klaus Dietz

