

HEARTY BEEF GOULASH

Ingredients:

Cooking Spray

2 cups thinly sliced onions

1 ½ cups thinly sliced celery

2 garlic cloves, minced

1 ½ pounds lean ground beef

1 (6 oz.) can tomato paste

3 tablespoons all-purpose flour

1 tablespoon paprika

4 cups water

2 (14 ½ oz.) cans stewed tomato

1 ½ lbs Yukon gold potatoes, peeled & cut into ½ inch cubes

1 Tablespoon low-sodium beef bouillon granules

2 teaspoons salt

1 teaspoon ground marjoram

½ teaspoon black pepper

1 bay leaf

Pinch of parsley flakes

Directions:

Preheat oven to 325 degrees

Coat a 4-quart oven-safe saucepan or Dutch oven with cooking spray and set over medium heat. Add the onions and celery and sauté for 8 minutes.

Add the garlic and sauté 5 minutes more or until the onions are translucent.

Add the beef, tomato paste, flour and paprika; cook for 5 minutes, stirring constantly.

Stir in the water, tomatoes, potatoes, bouillon, salt, marjoram, pepper, bay leaf and parsley.

Bring the mixture to a boil, then remove the pot from the heat and cover.

Place the pot in the oven and cook for 1 ½ hours or until bubbling and potatoes can easily be pierced with a fork. Stir every ½ hour.

Divide evenly between two small casserole dishes, cover with heavy-duty aluminum foil and freeze. Label casserole.