

HEARTY BEEF GOULASH
(2 small pans)

INGREDIENTS:

2 cups thinly sliced onions
1-1/2 cups thinly chopped celery
2 garlic cloves, minced
1-1/2 pounds lean ground beef
1 (6 oz) can tomato paste
3 tablespoons all-purpose flour
1 tablespoon paprika
4 cups water
2 (14-1/2 oz) cans stewed tomatoes
1-1/2 pounds Yukon Gold potatoes, peeled and cut into half inch cubes
1 tablespoon low-sodium beef bouillon granules
2 teaspoons salt
1 teaspoon ground marjoram
1/2 teaspoon black pepper
1 bay leaf
Pinch of parsley flakes
Cooking spray

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 into the oven and cook for 1½ hours OR until bubbling and potatoes can easily be pierced with a fork. Stir every half hour.

Divide evenly between two provided small foil pans. Let cool. Cover with heavy duty aluminum foil and freeze.

Label with casserole name.