

CROCK POT BEEF GOULASH

(inspired by America's Test Kitchen)

2 medium shallots, minced
1/8 cup sweet paprika
1/4 cup tomato paste
3 tablespoons vegetable oil
2 garlic cloves, minced (optional)
1 teaspoon caraway seeds
2 cups chicken broth
1/3 cup soy sauce
1 tablespoon Minute tapioca
2 bay leaves
1 piece of boneless beef chuck (4 to 5 pounds), cut into 1½-inch chunks
Salt and pepper
1/3 cup sour cream
2 tablespoons minced fresh parsley

Season the pieces of beef with salt and pepper and reserve.

In a small skillet, heat the oil, saute the shallots until translucent, add the paprika, tomato paste, garlic, and caraway seeds. Stir until fragrant, transfer the mixture to the slow-cooker. Add the chicken stock, soy sauce, tapioca, and bay leaves. Place the seasoned beef over the sauce, mix it to coat the pieces.

Cover and cook until beef is tender, 9 to 11 hours on low. Discard bay leaves. In a bowl, combine 1 cup hot stew liquid with sour cream, then stir the mixture into stew. Adjust seasoning with salt and pepper. Serve with fresh parsley sprinkled on top.