



Authentic Hungarian Goulash

Ingredients

2 to 3 pounds of boneless chuck roast, cut into 1-inch chunks
Kosher salt and freshly ground black pepper
2 tablespoons of all-purpose flour
3 tablespoons of olive oil
4 medium sweet onions, sliced and separated into rings
8 ounces of baby Portobello or Cremini mushrooms, brushed clean and cut in half
1 head of garlic (about 12 cloves), peeled, large cloves cut in half
½ cup of sweet red wine
1¾ cups of beef broth
1 (4 ounces) jar diced roasted red peppers
¼ cup of sweet Hungarian paprika
1-cup (8 ounces) of sour cream
4 cups cooked of buttered noodles with chopped parsley

Method

Place beef chunks in a large bowl.

Sprinkle liberally with kosher salt and freshly ground pepper. Toss with flour.

Hit sauté on the Instant Pot and adjust so it's on the high setting and add 1 tablespoon of the olive oil. Swirl to coat the bottom. Place beef chunks in a single layer and brown on two sides. You will probably need to do this in batches. Do not crowd the meat or it will boil instead of brown. Remove browned beef chunks to a bowl.

To the drippings in the pot, add the remaining 2 tablespoons of olive oil, sweet onion rings, mushrooms, and garlic. Toss to coat with the olive oil.

Sweat the vegetables, stirring occasionally until onions are limp but not browned and mushrooms are releasing their liquid, about 10 minutes.

Add red wine to the vegetables and cook 2 minutes, scraping up browned bits from the bottom. Add beef broth, roasted red peppers, and paprika. Return beef and any accumulated juices to the pot. Stir until well-combined. Hit "Pressure Cook" for 30 minutes at high pressure. Once done, allow a 10 min natural pressure release and then follow it up with a quick release Stir in sour cream until completely incorporated into the gravy.

Serve Hungarian goulash over hot buttered noodles with chopped parsley.