

# Low-Fat Hungarian Goulash (Instant Pot Friendly)

## Ingredients (Lightened)

### Beef

- **2 lb. lean beef sirloin or bottom round**, cut into 1-inch chunks
- Kosher salt & black pepper
- **1 tbsp all-purpose flour** (optional, for light thickening)

### Goulash Base

- **1 tsp olive oil**
- 4 medium sweet onions, sliced into rings
- 8 oz baby Portobello or Cremini mushrooms, halved
- 1 head garlic (10–12 cloves), peeled & halved
- **½ cup dry red wine**
- **1½ cups low-sodium beef broth**
- 1 (4-oz) jar diced roasted red peppers, drained
- **¼ cup sweet Hungarian paprika** (*reduced but still bold*)

### Creamy Finish (choose one)

- **¾ cup fat-free Greek yogurt** (best option)
- OR **¾ cup light sour cream**

### For Serving

- **Plain cooked egg noodles** or whole-wheat noodles
- Fresh parsley, chopped

## Instant Pot Method (Low-Fat Optimized)

### 1. Prepare the beef

Season beef with salt & pepper.  
Toss lightly with flour (optional).

### 2. Brown efficiently (minimal oil)

Set Instant Pot to **Sauté – High**.  
Add **1 tsp olive oil**.

Brown beef in batches (2–3 minutes per side).  
Do *not* overcrowd.  
Remove beef and set aside.

### **3. Build flavor without fat**

Add onions, mushrooms, and garlic directly to the pot (no extra oil).

Cook **8–10 minutes**, stirring occasionally, until:

- onions are soft and sweet
- mushrooms release liquid

Add **1–2 tbsp broth if needed** to prevent sticking.

### **4. Deglaze & season**

Add red wine.  
Scrape up browned bits; simmer 2 minutes.

Add:

- beef broth
- roasted red peppers
- Hungarian paprika

Stir well.

Return beef and any juices to the pot.

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### **5. Pressure cook**

Seal lid.  
**Pressure Cook – High – 30 minutes**

Natural release **10 minutes**, then quick release.

## 6. Creamy finish (off heat)

Switch to **Keep Warm** (no boiling).

Stir in yogurt or light sour cream **slowly** until smooth.

Taste and adjust salt & pepper.

## Serving

Serve over **plain cooked noodles**.

Garnish with parsley.

## Nutrition Estimate (Per Serving, 1/8 recipe)

With fat-free Greek yogurt & plain noodles:

- Calories: **390–420 kcal**
- Protein: **42 g**
- Fat: **9–11 g**
- Saturated Fat: **~2 g**
- Carbohydrates: **32 g**
- Fiber: **4 g**
- Sodium: **~520 mg**

## Comparison

- Traditional version: **650–750 kcal per serving**
- **Low-fat version: ~40% fewer calories, ~60% less fat**

## Flavor Tips (Very Important HU)

- ✓ Use **real Hungarian sweet paprika**
- ✓ Never boil after adding yogurt
- ✓ Onions should melt into the sauce
- ✓ Wine + paprika replace lost richness