



GOULASH

Plan ahead, this tastes much better the next day.

Serves 4 people

1 btl	Red Wine, dry (Cabernet or Zinfandel work great)	Pour a glass and enjoy! Reserve the rest.
2 lb	Beef Chuck Roast	Cut into 1" pieces and place in a bowl. Substitute pre cut beef stew meat if you don't trust your knife skills.
2 tbsp	Till's Tame Rub	Season the meat.
2 tbsp	Flour	Add to the meat and coat evenly.
2 tbsp	Olive Oil	Add the oil to a heavy bottom pot and heat over high until lightly smoking. Sear the meat on all sides until golden brown. Do not crowd the pan but rather work in two or three batches. Remove the meat and set aside.
1 tbsp	Olive Oil	Turn heat to medium-high and add the oil to the pot.
1	Onion, large, diced	Add to the pot.
4	Celery Stalks, diced	Add to the pot.
2	Bell Pepper, red, diced	Add to the pot.
5	Garlic Cloves, chopped or crushed	Add to pot and cook all vegetables until soft and lightly browned; 8-10 minutes.
3 tbsp	Tomato Paste	Add to vegetables and cook, stirring constantly for 3-5 minutes. Make sure not to burn the brown crust forming on the bottom of the pan.
4 tbsp	Paprika	Add to the pot.
¼ tsp	Cumin, ground	Add to the pot.
3 tbsp	Oregano, dried	Add to the pot, stir and cook for 1 minute.
	Red Wine	Add the rest of the red wine to the pot and deglaze the pot. Make sure to scrape all the caramelized tasty bits off the bottom of the pot.
1 can	Tomatoes, crushed, 14.5oz	Add to the pot and stir.
2 cups	Beef Broth	Add to the pot.
	Cayenne	For a spicier version add cayenne pepper to taste. Cover and simmer on low for 60-90 minutes or until the meat is fork tender. Let cool completely. For best results refrigerate overnight. Re-heat on low to med-low until hot.
	Salt & Pepper	Season to taste.
¼ cup	Parsley, Italian, chopped	Add right before serving and stir into Goulash.
½ cup	Sour Cream	Serve with a dollop of the sour cream over egg noodles.