

Prairie Pork Goulash



Ingredients

1 pork shoulder roast, boneless, about 2 ½ lb / 1.25 kg, cut into 1-inch / 2.5 cm cubes
¼ cup / 50 mL all-purpose flour
3 Tbsp / 45 mL canola oil for browning
1 cup / 250 mL finely chopped onions
2 cloves garlic, minced
2 cups / 500 mL sodium-reduced beef broth
1 cup / 250 mL red wine
2 Tbsp / 30 mL red wine vinegar
¼ cup / 50 mL tomato paste
2 Tbsp / 30 mL sweet Hungarian paprika
1 Tbsp / 15 mL caraway seeds
1 bay leaf
Salt and ground black pepper to taste
1 cup / 250 mL sour cream
Hot cooked egg noodles for serving
Chopped fresh parsley for garnish

Directions

1. In shallow bowl, dust pork cubes on all sides with flour.
2. In Dutch oven, heat about 1 Tbsp of oil over medium heat.
3. Brown pork cubes in batches, adding more oil as needed. Remove browned cubes to a clean plate.
4. Add onions and garlic, cooking until onions are softened, 3 minutes.
5. Deglaze pot with broth, scraping up browned bits from bottom.
6. Add wine, vinegar, tomato paste, paprika, caraway seeds and bay leaf. Stir to combine.
7. Carefully return cubes and any accumulated juices to pot; cover and simmer until pork is tender, 1-1 ½ hours.
8. Remove bay leaf. Season with salt and pepper according to taste.
9. Just before serving stir in sour cream, or serve separately.
10. Serve goulash over hot cooked egg noodles. Garnish with parsley.

Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 1.5-2 hrs
- **Number of Servings:** 6