MEAL*Genius*®

Instant Pot Beef Goulash

Active Time: 15 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

405.7 calories, 10.15 g carbohydrate, 2.41 g fiber, 7.74 g NET carbs, 27.35 g protein, 26.82 g fat

Ingredients

- 2 Tbsp(s) paprika
- 1 tsp dried thyme
- 1/4 tsp(s) cayenne pepper
- 1 tsp sea salt
- 1/4 tsp(s) black pepper
- 36 ounce(s) grass-fed beef stew meat, cubed
- 1/4 cup(s) coconut oil
- 3 large(s) organic onions, diced
- 4 Tbsp(s) organic tomato paste
- 3/4 cup(s) grass-fed bone broth
- 3/4 cup(s) dry red wine

Preparation

1. Mix salt and spices together in a small bowl and set aside. Rub half the spice mixture over the meat.
2. Set Instant Pot to "Sauté" and add half the coconut oil. Sear the meat in batches - do not over-crowd the pot. Set browned meat aside and repeat with remaining oil and meat.
3. Pour a little bit of bone broth to deglaze the bottom and add the onions. Sauté for 3 minutes, or until slightly browned.
4. Stir in tomato paste and remaining spices.
5. Return seared meat along with remaining bone broth and wine.
6. Add the lid and lock the Instant Pot. Press the "Keep Warm/Cancel" button adjust the setting to "Manual" and cook for 20 minutes on HIGH.
7. Let the pressure release naturally.
8. Serve.