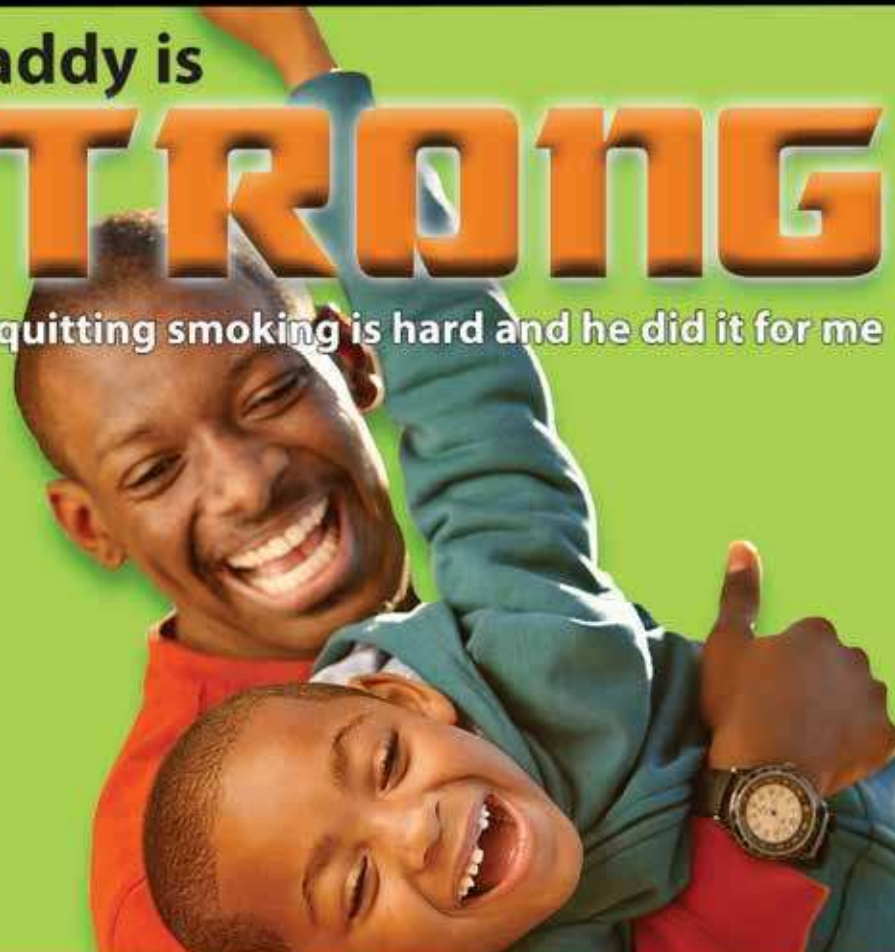




My daddy is
STRONG
quitting smoking is hard and he did it for me



Multnomah County
Health Department

IOS  Android 

Made possible with funding from the Centers for Disease Control and Prevention.

FOOD



Hungarian Goulash

Ingredients:

- 1/3 cup vegetable oil
- 3 onions, sliced
- 2 tablespoons Hungarian sweet paprika
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 3 pounds beef stew meat, cut into 1 1/2 inch cubes
- 1 (6 ounce) can tomato paste
- 1 1/2 cups water
- 1 clove garlic, minced
- 1 teaspoon salt

Directions:

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, 2 teaspoons salt and pepper. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining 1 teaspoon salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.



4 out of 4 new
parents agree,
pregnancy brain
is...
wait, what were
we talking about?

CareMoms (and dads) from CareOregon is filled with tips and resources to keep you and your baby healthy. Just one of the ways we're healthier as a whole.


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