



Autumn Goulash Stew

Instant Pot easy Swiss-German favorite with sauteed baby spinach

- 3 Tablespoons olive oil
 - 1-1/2 pounds pork loin cutlets, trimmed, cut into 1-inch cubes
 - 1 large onion, peeled, chopped (1-1/2 cups)
 - 1 cup chopped fresh carrots
 - 1 cup chopped peeled apples
 - 3 minced garlic cloves
 - 1 teaspoon caraway seeds or as desired
 - 1 (15 ounce) can diced tomatoes in juice
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 16-ounce chicken or beef broth
 - 6 ounces raw extra wide egg noodles
 - 2 Tablespoons olive oil
 - 2 (5 ounce) containers fresh baby spinach, stems removed
- Garnish:** Sour cream or unflavored yogurt; fresh chopped parsley
Sprinkle very lightly with smoked paprika if desired

Sauté Ingredients: Add olive oil to Instant Pot; set to sauté function. Add meat, cook turning to brown all sides. Add onion and carrots; stir to sauté. Add apples, garlic, caraway seeds, tomatoes, salt, and pepper. Then stir in broth.

Cook in Instant Pot: Lock the pot lid and steam valve; set to high pressure for 30 minutes. Allow for a natural release for 10 minutes; then allow to quick release remaining pressure.

Thicken Broth: If you want thicker broth, remove about 15 ounces of vegetables with liquid to a food processor or blender; puree; return to pot, stir to combine. Season to taste with salt and black pepper.

Cook Noodles: Cook egg noodles according to package directions in salted boiling water, uncovered, stir occasionally about 7 to 9 minutes or until desired tenderness. Drain water. (If setting on the side, toss with about 1 Tablespoon olive oil to coat.)

Cook Spinach: Heat oil in sauté pan on medium. Add portion of spinach, cook, and stir until starting to wilt. Repeat with remaining spinach. Season to taste with salt and black pepper; set aside.

To Serve: Place lightly wilted spinach in serving bowl around the outer edges of bowl; place about 1 cup cooked noodles around the inside spinach circle, leaving a space in the center. Stir hot stew in center of bowl as desired. Garnish the center of the stew with a dollop of sour cream or yogurt; sprinkle lightly with chopped parsley and smoked paprika if desired.

About the Recipe: Goulash is a hearty dish that can be prepared with chunks of pork or beef. It's a little like a soup and a stew. The broth is a little thicker, flavored with caraway seeds, a sweet apple, and uses a generous amount of paprika. Hungarian paprika has a vibrant red color and rich flavor. Some are hot while others are mild. We even like to sprinkle a little smoked paprika over the finished dish. It's delicious served with some sauteed spinach and egg noodles.