

Bison Goulash

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1 lb. of cubed fresh or fully thawed bison cut into one inch pieces

2 tbsp. olive oil

2 tbsp. all purpose flour

¼ lb. diced celery

¼ lb. diced carrots

2 tsp. minced garlic

¼ lb. diced potatoes

1 small can tomato paste

2 tsp. caraway seed, roughly chopped

2 tsp. paprika

2-3 quarts of beef stock (depending on how thick you want the goulash to be) Cracked sea salt and coarsely ground black pepper to taste 8 tbsp. sour cream for garnish (for a lower fat version, use low fat Greek Yogurt for garnish)

Toss the cubed bison with flour to coat. In a heavy pot, heat 1 tbsp. olive oil to sizzling. Sauté bison cubes until browned on all sides, remove to a separate dish and cover.

Put the second tbsp. of olive oil into the pot and add the chopped vegetables (except the potatoes) and caraway seed. Sauté just until vegetables are slightly softened.

Add browned bison chunks back into the pot. Stir in paprika until well blended with the bison and vegetables. Mix in tomato paste and beef stock. Bring the mixture to a soft boil and then immediately reduce to a simmer.

Add potatoes. Simmer for an additional 20-30 minutes until the potatoes are cooked. Season with sea salt and cracked pepper as needed.

Ladle into serving bowls and top with a dollop of sour cream (or yogurt) dusted with a sprinkle of paprika. Thank you Bison Council!