

The Body Nurse Recipes

LOW-CARB HUNGARIAN GOULASH

A rich, deeply flavoured, slow-simmered goulash loaded with garlic, bold paprika, and plenty of broth for that comforting, hearty texture. Finished with low-carb potatoes and carrot for that classic hearty feel — without the heavy carb load.



SERVES 4-6

To double: Double all ingredients. Use a larger pot and allow an extra 10–15 minutes cooking time.



INGREDIENTS

- 800g–1kg beef chuck, diced
- 2 tbsp olive oil or butter
- 1 medium–large onion, diced
- 6 cloves garlic, minced
- 3 tbsp sweet Hungarian paprika
- 1 tsp caraway seeds (optional)
- 1 tsp thyme
- 1 tsp oregano
- ½ tsp coriander (optional)
- 1 x 400g tin diced tomatoes
- 1.5L beef stock
- 4 large low-carb potatoes, cut into cubes
- 2–3 carrots, cut into cubes or pieces
- Salt & pepper to taste



INSTRUCTIONS

- 1 Cook the base**
Heat oil in a large pot. Cook onion until soft and slightly caramelised. Add garlic and cook for 1 minute.
 - 2 Brown the beef**
Add the beef to the pot and brown well, stirring occasionally.
 - 3 Add spices**
Stir in paprika, caraway seeds, thyme, oregano, and coriander. Cook briefly to release flavours.
 - 4 Add liquids**
Pour in diced tomatoes and beef stock. Stir well.
 - 5 Simmer**
Cover and simmer gently for 1.5–2 hours until beef is tender.
 - 6 Add potatoes & carrot**
Add the cubed low-carb potatoes and carrot in the last 30–40 minutes of cooking.
- Finish**
Season with salt and pepper.



SLOW COOKER METHOD

This is a perfect recipe for the slow cooker.

- First, cook the onion and garlic in a pan
- Add the beef and brown it
- Transfer everything to the slow cooker
- Add all remaining ingredients

**Cook on HIGH for 2–3 hours
(or LOW for 5–6 hours)**

- Add the low-carb potatoes and carrot for the last 1–2 hours so they don't over-soften.



NUTRITION

(approx per serving – 6 servings)

- 🍽️ **Calories:** ~400–480 kcal
- 🥩 **Protein:** ~35–40g
- 🔥 **Fat:** ~22–28g
- 🥕 **Net Carbs:** ~10–16g



BODY NURSE TIPS

- ✓ Use swede (rutabaga) instead of regular potatoes for a lower-carb option
- ✓ Cut swede smaller — it takes longer to soften
- ✓ Browning the beef after the onion/garlic builds deeper flavour
- ✓ Even better the next day



WHY THIS WORKS

High protein, lower carb, and deeply satisfying — this is comfort food that supports fat loss without sacrificing flavour.

Comfort food. Real results.