

Low-Carb Hungarian Goulash

The Body Nurse – “You Can Cook It” Series

A rich, deeply flavoured, slow-simmered goulash made your way — loaded with garlic, bold paprika, and plenty of broth for that comforting, hearty texture. Finished with low-carb potatoes for a true classic feel without the carbs.



Servings

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
 - Salt & pepper to taste
 - Optional: splash of apple cider vinegar at the end
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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, thyme (or oregano), and optional coriander or caraway seeds.
Cook briefly to release flavours (do not burn the paprika).
 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**
Add the cubed low-carb potatoes in the last 50–60 minutes of cooking.
 7. **Finish**
Season with salt and pepper. Add optional apple cider vinegar to balance flavours.
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Slow Cooker Option

This is a perfect recipe for the slow cooker.

- 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:

- HIGH for 2–3 hours
- LOW for 5–6 hours

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

Nutrition (approx per serving – based on 5 servings)

- Calories: ~400–480 kcal
- Protein: ~35–40g
- Fat: ~22–28g
- Net Carbs: ~8–12g

Body Nurse Tips

- Use **swede (rutabaga)** instead of potatoes for a lower-carb option
- Cut swede smaller — it takes longer to soften
- Browning the beef after the onion and garlic builds deeper flavour
- Add potatoes earlier if cooking on the stovetop for a softer texture
- 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.
