Quick Beef Goulash with Egg Noodles

Servings: 4

Kosher salt
2 (about 1-1/4 pounds) boneless beef rib-eye steaks
freshly ground pepper
4 tablespoons unsalted butter
1 onion, diced
1 red bell pepper, chopped
1 green bell pepper, chopped
1 tablespoon paprika
1/2 teaspoon caraway seeds
1 can (14 ounce) diced tomatoes
1 cup low-sodium beef broth
8 ounces (5 cups) extra-wide egg noodles
2 tablespoons fresh parsley, chopped
1/2 cup sour cream

Preparation Time: 30 minutes

Bring a large pot of salted water to a boil.

Slice the steaks as thinly as possible (about 1/8 inch) on an angle, trimming off any large pockets of fat. Season with salt and pepper. In a large skillet over medium-high heat, melt one tablespoon of butter. Add the meat, spreading it out in a single layer. Increase the heat to high. Cook, undisturbed, until browned on the bottom, 2 to 3 minutes. Remove the meat and any juices to a bowl.

Add two tablespoons of butter to the skillet and reduce the heat to medium high. Add the onion and cook until starting to soften and brown, about 15 minutes. Stir in the bell peppers , paprika, caraway seeds, a big pinch of salt and a few grinds of pepper. Cook, stirring, until the spices are toasted, about 1 minute.

Return the meat to the skillet along with the tomatoes, beef broth and one teaspoon of salt. Cover and bring to a boil, then reduce to a simmer and cook, partially covered, until the meat is tender, about 15 minutes. Season with salt and pepper.

Meanwhile, cook the egg noodles in the boiling water as the label directs. Drain and return the noodles to the pot. Stir in the remaining one tablespoon of butter. Season with salt.

Divide the noodles and stew among the bowls.

Top with the parsley and sour cream.