

Everything
HERBAL

By Cheryl Jabz



NATURAL • FAITH • WELLNESS

A TASTE OF GERMANY



BEEF RINDERGULASCH

Hearty • Traditional • Full of Flavor

A hearty German beef stew featuring tender chunks of beef slow-simmered with onions, paprika, garlic, and aromatic herbs in a rich, savory gravy. Traditionally served over spaetzle, mashed potatoes, or buttered noodles, this comforting classic is full of Old World flavor.

INGREDIENTS

- 2 lbs beef stew meat, cut into 1-inch cubes
- 2 tbsp olive oil
- 2 large onions, chopped
- 3 cloves garlic, minced
- 2 tbsp all-purpose flour
- 2 tbsp tomato paste
- 2 cups beef broth
- 1 cup red wine (optional)
- 1 bay leaf
- 1 tsp paprika
- 1 tsp caraway seeds
- 1 tsp garlic powder
- 1 tsp thyme
- Salt and black pepper to taste
- 2 tbsp fresh parsley, chopped

INSTRUCTIONS

- 1 Heat olive oil in a large Dutch oven over medium-high heat. Brown beef in batches. Remove and set aside.
- 2 In the same pot, add onions and cook until softened, about 5 minutes. Add garlic and cook 1 minute more.
- 3 Stir in flour and cook for 1–2 minutes. Add tomato paste and stir well to combine.
- 4 Deglaze with red wine (if using), scraping the bottom of the pot. Let it reduce for 2–3 minutes.
- 5 Return beef to the pot. Add beef broth, bay leaf, paprika, caraway seeds, marjoram, thyme, salt, and pepper.
- 6 Bring to a simmer, then reduce heat to low. Cover and simmer for 1½ to 2 hours, until beef is tender.
- 7 Remove bay leaf. Adjust seasoning. Garnish with fresh parsley and serve hot.

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HERBAL HIGHLIGHTS

PAPRIKA

Adds warmth, rich color, and traditional depth of flavor.

MARJORAM

Sweet and earthy, perfect for stews and hearty dishes.

THYME

Timeless herb that enhances savory flavors and tenderness.

BAY LEAF

Deep and aromatic, it adds a subtle herbal complexity.

CARAWAY SEEDS

A classic German spice that aids digestion and adds a unique flavor.

GARLIC

Bold and savory, supports heart health and adds wonderful aroma.

Genesis 9:3 (KJV)

“Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.”



NATURAL
INGREDIENTS



FAITH
INSPIRED



HERBAL
LIVING



MADE FOR
EVERY KITCHEN



MADE
WITH LOVE

Simple Ingredients.
Wholesome Living.
Herbal Goodness.



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