

# Bohemian Beef Dinner

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From Taste of Home

Serves 6

327Calories per serving

10 Points per serving

- 1/2 cups all-purpose flour
- 2 teaspoons salt, divided
- 1/4 teaspoon pepper
- 2 pounds beef stew meat (cut into 1-inch cubes)
- 2 tablespoons avocado oil or your choice of oil
- 2 medium onions (chopped)
- 1 garlic clove (minced)
- 1 teaspoon dill weed
- 1 teaspoon caraway seeds
- 1 teaspoon paprika
- 1 cup water
- 1 cup sour cream
- 2 14- oz cans sauerkraut, rinsed and well drained
- Additional paprika

1. In a bowl or dish, combine the flour, 1 teaspoon salt and pepper. Add beef and toss to coat. In a Dutch oven, brown the beef in oil in batches; drain. Add the onions, garlic, dill, caraway, paprika, remaining salt and water.

2. Cover and simmer for 2 hours or until meat is tender, stirring occasionally.
3. Stir in sour cream; heat through but do not boil. Heat sauerkraut; drain and spoon onto a serving platter. Top with the beef mixture. Sprinkle with paprika.

Main Course

Beef