

## **Crockpot Goulash**

*Adapted from [Canadian Living: The Slow Cooker Collection](#) (Smoky Pork Stew)*

1 large onion, diced  
2 cloves garlic, crushed  
2 lb boneless pork shoulder blade roast, trimmed and cut into 1" cubes  
1/2 cup salsa  
2 tbsp packed brown sugar  
2 tbsp worcestershire sauce  
1 tbsp smoked or regular paprika (I prefer smoked)  
1 tsp dried oregano  
1/2 tsp dry mustard  
1/2 tsp salt  
1/4 tsp pepper  
3 tbsp all-purpose flour  
2 tbsp sour cream

Place all ingredients except for flour and sour cream in the crockpot and stir together. Cover and cook on low heat for 6-7 hours, until meat is tender. Skim off any fat from the top. In a small bowl, combine flour and 1/4 cup of cold water. Move the meat out of the way and whisk the flour mixture into the sauce. Stir well and cook on high heat until the sauce thickens, about 10-15 minutes. Stir in sour cream. Serve over pasta or cooked potatoes.