

Beef stroganoff

Serves 4

This recipe is made in a slow cooker, you can choose cheaper cuts of meat and they come out amazing! Also i like to have a few easy meals up my sleeve for the week ahead! it's as simple as throwing everything together and coming home to a meal that's almost ready to serve. I love mushrooms, there's not enough meals i can incorporate them into, so I'm pretty heavy handed on the mushrooms here!

Ingredients.

- 400g beef, sliced into strips (choose your own cut, look out for specials!).
- 2 onions, sliced.
- 4 cloves of garlic, diced.
- 2 rashers of natural streaky bacon, thinly sliced.
- 400g mushrooms, cups or field (i like them chunky, but my family prefer them thinly sliced, you choose).
- 1/2 tsp salt.
- 1/4 tsp pepper.
- 1 Tbsp sweet paprika.
- 1/2 tsp smoked paprika.
- 2 Tbsp mild mustard.
- 3 Tbsp tomato paste.
- 1/2 cup broth/stock.
- 60g sour cream.
- parsley to garnish.

Method.

1. Place all your ingredients except the sour cream and parsley into your slow cooker, stir all the ingredients together to incorporate.
2. Place lid on and set your cooker on low for 6 hours.
3. Stir through the sour cream just before serving, garnish with parsley.
4. We serve this meal with a side of steamed vegetables, it would also suit rice, pasta or potato.

Helpful tips

You could make this recipe on the stove top, simply sauté your garlic and onion in a little oil, add the remaining ingredients except the sour cream and parsley add an extra cup of broth and simmer for 45 minutes. The meat will not be as tender, but the flavour will be great! Feel free to change the protein up, chicken would suit well. This recipe freezes very well, i frequently put any left overs into a container and freeze for an easy meal another time.

Nutritional information (per serve)

Prep 15minutes Cook 6 hours

Cal 223 Kj 933

Carbs 9g

Fats 12g

Protein 20g