

# Creamy Beef With Mushrooms

## INGREDIENTS

2 tbs plain flour  
1kg beef chuck steak, cut into 5cm pieces  
200g cup mushrooms, quartered  
250ml (1 cup) beef stock  
125ml (1/2 cup) white wine  
70g (1/4 cup) tomato paste  
1 tbs Dijon mustard  
1 tbs paprika  
250ml (1 cup) sour cream  
1 tbs cornflour  
1/2 cup chopped fresh continental parsley  
Mashed sweet potato, to serve

## METHOD

Place the flour in the slow cooker. Add the beef and toss to coat. Add the mushroom, stock, wine, tomato paste, mustard and paprika. Cover and cook on low for 8 hours or until the meat is tender. Combine the sour cream and cornflour in a small jug. Add to the beef mixture and stir to combine.

Cook, covered, for 30 minutes or until the mixture thickens.

Stir in the parsley.

Taste and season with salt and pepper. Divide the mash among serving plates and top with the beef mixture to serve.

