

Beef Stroganoff

INGREDIENTS

750g chuck or round steak cut into strips

2 Tbsp flour

2 Tbsp oil

2 cloves garlic crushed

200g mushrooms sliced

2 onions sliced

1/4 tsp pepper

1 cup beef stock

3 Tbsp tomato paste

1 x 300ml sour cream

METHOD

1. Toss meat in flour. Heat oil in frying pan and brown meat and onions.
2. Transfer to the Slow Cooker and add all remaining ingredients EXCEPT sour cream.
3. Stir, cover and cook on LOW (AUTO) for 8-10 hours or HIGH for 4-5 hours.
4. In the last 30 minutes of cooking stir through the sour cream. Serve with hot buttered noodles or rice.

