



GF Friendly

Tender Beef Stroganoff

Tender beef strips in a tangy mushroom and onion sauce

- 1kg round steak cut into long narrow strips
- 1 beef stock cube
- 2 cups hot water

Place beef strips and water in a pan, crumble in stock cube, bring to boil, then turn down heat and simmer uncovered for 20 minutes to tenderise meat and reduce liquid by half. Check occasionally to ensure water does not boil dry. In the meantime, prepare ingredients for the sauce.

Sauce:

- 1 large onion
- 1 small can champignons
- ¼ tsp pepper
- 200 ml light sour cream
- ½ tsp salt
- 2 tsp hot English mustard
- 2 Tbsp flour
- 1 cup water
- 2 Tbsp extra light Olive oil



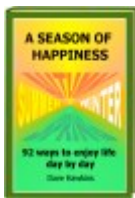
Peel and slice onion. Drain and slice champignons. Heat oil in a frypan, then sauté onion and champignons for 3-4 minutes. When meat is ready, drain stock and set aside for the sauce. Add beef strips to the frypan and allow contents to cool slightly. Mix salt and pepper with the flour, sprinkle over contents of the frypan and toss gently to mix. Slowly add cold water, stirring to disperse lumps.

Mix mustard with the reserved stock, then carefully add to the frypan. Reheat the mixture slowly, stirring constantly. Once boiling, reduce heat, cover and simmer for 10 minutes, stirring occasionally. A few minutes before serving, stir in sour cream and heat but do not boil.

Serve over a bed of rice.

serves 6-8 Freezes well

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