



Slow Cooker Beef Stroganoff

This is the perfect midweek dish for the whole family, served with rice, pasta or even creamy mash.

Serves: 6
Prepare: 15 Minutes
Cook: 5 Hours
Difficulty: Medium

Ingredients

- 1.5kg [diced stewing beef](#)
- 1½tsp each of salt and pepper
- 2tbsp olive oil
- 1tbsp unsalted butter
- 1 large onion, halved and sliced
- 4 garlic cloves, minced
- 4tbsp Dijon Mustard
- 7tbsp plain flour
- 1 litre organic [beef bone broth](#)
- 300g sour cream

For The Garlic Butter Mushrooms

- 3 tbsp unsalted butter
- 700g mushrooms, sliced into 0.5cm thick slices
- 3 garlic cloves, minced
- ½ tsp salt and pepper

Method

1. Pat dry the organic diced stewing beef and sprinkle with salt and pepper. In a pan heat the olive oil and add the beef in batches, browning quite aggressively, this will bring out the flavouring in the beef. Once you have browned the beef in batches, set aside.
2. Melt the butter in the pan and cook the garlic and onion for 3 minutes until softened. Stir in the flour and mustard, ensuring the onions and garlic are fully coated.
3. Add the beef, onions, garlic and beef bone broth to the slow cooker, and cook on high for 5 hours or low on 8 hours.
4. For the garlic mushrooms – melt half of the butter in a large pan, add the half of the mushrooms and garlic and cook until almost golden, set a side and do the same with the remaining mushrooms and garlic.
5. Mix the sour cream with a cup of the liquid from the slow cooker, then gently add and stir through the beef mix. Mixing the sour cream with the sauce in this way before adding to the slow cooker ensures you do not end up with clumps or specks of sour cream. Then add the mushrooms to the slow cooker and again gently stir through.
6. Serve you organic beef stroganoff with fresh tagliatelle pasta, sticky white rice or creamy mash and fresh greens.

This recipe can be also be cooked in a pan, cover with a lid and cook for 2 hours on low to medium heat so that the sauce is simmering. At about 1 ½ hours check the beef, continue to cook until the beef becomes tender and falls apart easily.