

Beef stroganoff with Safe Food Ireland



New Directions: Personal and Social Development



Name:



Date:

Ingredients

Vegetable oil
2 small onions
Dried herbs
16 button mushrooms
2 tbsp of low-fat crème fraiche

2 cloves of crushed garlic
Black pepper
150g beef stew
2 tsp paprika
125ml low salt vegetable stock



1. Start by adding your vegetable oil to the frying pan



2. Next add your onion and dried herbs to the pan and fry off



3. Add in mushrooms, black pepper and crushed garlic



4. Set aside your fried vegetables in a dish



5. Next, start to fry your meat adding in some paprika powder



6. Add your fried vegetables into your meat also adding your crème fraîche

7. Mix it altogether and fry off

8. Add in vegetable stock

9. Now, let it simmer for 5 minutes



Why not add some rice and green beans to finish your dish