





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

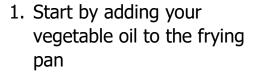
Black pepper

150g beef stew

2 tsp paprika

125ml low salt vegetable

stock





- 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 fraiche
- 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