

Slow Cooker Recipes



Slow Cooked Beef Stroganoff

A version that's lighter on the wallet, but still full of flavour

Ingredients

- **1kg Diced Beef (from The Artisan Butcher's Slow Cooker Pack)**
- 1 tbsp oil - vegetable, rapeseed or sunflower
- 2 onions, halved and sliced
- 2 garlic cloves, peeled and crushed
- 200g button chestnut mushrooms, cleaned and halved
- 1 beef stock cube or stock pot
- 1 tbsp Dijon mustard
- 50g butter
- 2 tsp cornflour
- 200g soured cream
- Small bunch of parsley and a pinch of paprika (to serve)

Method

- Turn on the slow cooker to HIGH to start to warm up
- Season the beef pieces in a little salt and pepper
- In a frying pan heat the oil and fry the beef until brown, then transfer to the slow cooker, (do this in batches so it's not overcrowded in the pan)
- Fry the onion and garlic until they start to soften, then add to the slow cooker
- Add a little water to the frying pan and scrape any bits from the pan - add to slow cooker
- Add the crumbled stock cube or stock pot and the mustard to the slow cooker
- Add enough boiling water to the slow cooker to just cover the beef
- Put lid on the slow cooker, turn down to LOW and cook for around 8 hours
- About 30 minutes before serving, add the butter to the frying pan and cook the mushrooms
- Add them to the slow cooker
- Mix the cornflour with about 100ml of the cooking liquid from the slow cooker and heat in a pan, stirring until thick and then add to the slow cooker along with the soured cream, stir
- Turn the slow cooker to HIGH for about 20 minutes and then stir through the parsley

Serving suggestions

- Serve with tagliatelle pasta, rice or mashed potatoes, sprinkled with the paprika
- If you've any left then let it cool and then freeze into portions for another great supper!

Thanks to BBC Good Food for inspiring this recipe