

# BEEF STROGANOFF

*Serves 4*

## Ingredients

2 tablespoons plain flour  
750g beef rump steak, trimmed, thinly sliced  
3 tablespoons olive oil  
1 large brown onion, halved, thinly sliced  
2 garlic cloves, finely chopped  
½ teaspoon sweet paprika  
400g button mushrooms, sliced  
½ cup dry white wine  
¾ cup beef stock  
2 tablespoons tomato paste  
3 teaspoons Dijon mustard  
¼ cup sour cream  
Chopped parsley



## Method

1. Place flour, salt and pepper and beef in a shake well to coat.
2. Place 2 tablespoons oil in a large fry pan, heat well and add half the beef.
3. Cook for 3 to 5 minutes or until browned, stir so it doesn't burn. Transfer to a plate. Repeat with remaining beef.
4. Reduce heat to medium. Heat remaining oil in pan, add onion and mushroom. Cook for 5 minutes or until soft. Add garlic and paprika, cook for 1 minute.
5. Add wine, stock, tomato paste, mustard and beef to pan. Stir well to combine and bring to the boil. Reduce heat to low. Simmer for 5 minutes or until sauce has thickened slightly.
6. Stir in sour cream.
7. Garnish stroganoff with chopped parsley and serve with pasta and sliced whole beans or broccoli.

# EASY BEEF CASSEROLE

*Serves 4*

## Ingredients

2 tablespoons olive oil  
750g diced beef chuck or blade steak  
1 large onion, chopped  
1 leeks, white part only, sliced (optional)  
1 garlic clove, crushed  
2 sticks celery, sliced  
1 large carrot, cut into 3cm pieces  
2 rashers bacon, chopped  
1 x 425g can diced tomatoes  
¼ cup red wine  
1 cup beef stock



## Method

1. Heat 1 tablespoon of oil in a large saucepan over high heat. Cook beef in batches, stirring until browned. Transfer to a plate.
2. Reduce heat to medium. Add remaining oil, onions, leeks, garlic, celery, carrots and bacon to pan. Cook, stirring often, for 5 minutes.
3. Return beef to pan with tomatoes, wine and stock. Bring to the boil. Reduce heat to low and simmer, covered for 1 hour. Uncover and simmer gently, stirring occasionally, for 30 minutes or until beef is tender.
4. Serve with mashed potato or bread and a green vegetable.

## BEEF, MUSHROOMS AND CLARET

*Serves 4*

### Ingredients

750gm beef, diced into cubes – topside, round, blade  
1 pkt. Brown Onion Sauce mix  
400gm tin sliced Mushrooms  
1 cup Claret, or red wine

### Method

1. Place all ingredients into casserole, mix well and cover.
2. Cook in moderate oven at 180 degrees for 1 ½ hours, or until meat is tender. Stir occasionally.
3. Serve with jacket potato and sour cream and steamed vegetables.

## PIQUANT BEEF CASSEROLE

*Serves 4*

### Ingredients

750gm beef, diced in cubes – topside, round, blade  
2 tblsp. flour  
2 tblsp. oil  
1 pkt. French Onion soup  
1 x 425gm tin whole tomatoes  
½ cup water  
12 pitted prunes

### Method

1. Toss beef in flour, heat oil in pan, brown meat and place in casserole.
2. Add remaining flour and all other ingredients and mix well and cover.
3. Cook in moderate oven at 180 degrees for 1 ½ hours, or until meat is tender. Stir occasionally.
4. Serve with pasta, or Couscous and a green vegetable.

***These casseroles can alternatively be cooked in a Slow Cooker for 6 – 8 hours.***