

Slow Cooked Stroganoff

Prep time 15 mins - Cook time 6 hours - Total time 6 hours 15 mins - Serves: 6

Ingredients

- 1 brown onion sliced and quartered
- 2 cloves garlic crushed
- 2 rashers streaky bacon diced
- 500g / 1.1 lb. beef stewing steak cubed
- 1 tsp. smoked paprika
- ¼ cup tomato paste
- 250ml (1 cup) beef stock
- 250g / 9 oz. mushrooms quartered



Instructions

1. Place all the ingredients in the slow cooker.
2. Mix.
3. Set on LOW for 6-8 hours or HIGH 4-6 hours.
4. Serve with sour cream/cream cheese.

Nutrition Information

Low Carb, LCHF Wheat Free, Gluten Free, Primal

Per Serving size: 1 serve = (Calories: 157) (Fat: 6.6g) (Carbohydrates: 4.2g) (Protein: 20.2g)