

**BEEF STROGANOFF** 45 minutes 5 portions**INGREDIENTS**

- 800 grams of beef, cured, thin-sliced beef
- 1 large unit of onions, raw [150 g]
- 9 cloves of garlic, raw [27 g]
- 2 tbsps of tomato products, canned, paste, with salt added [32 g]
- 1 heaped tablespoon of flour, wheat, white, plain, soft [30 g]
- 10 grams of mustard, smooth
- 30 grams of cream, sour, cultured, 18% M.F.
- 2 tablespoons of oil, olive [22 g]
- 200 grams of water

COOKING METHOD

1° 1. Fry chopped onion in olive oil, add thin-slices beef and crushed garlic. 2. Add flour to cold water and mix well. 3. When meat is ready add flour mixture, tomato paste, sour cream and mustard. Season with salt and spices. Sauté for 5 minutes on small fire with cover.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [260 g]	% DRI
ENERGY	147 kcal	382 kcal	19 %
FAT	5 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	20 %
CHOLESTEROL	26 mg	68 mg	23 %
SODIUM	930 mg	2420 mg	101 %
CARBOHYDRATE	8 g	20 g	7 %
SUGARS	1 g	2 g	-
FIBER	0 g	1 g	5 %
PROTEIN	18 g	47 g	-