

**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                | -     |