

## **CARBCONTROL RECIPES**

### **MAINS**

#### **Beef Stroganoff – serves 6**

3 med onions, chopped  
250g mushrooms, sliced  
125g butter  
750g steak meat, cut into finger sized strips  
2 tsp dry mustard  
1 ½ tsp seasoned salt  
½ cup sour cream  
1 tsp dry sherry  
1 bay leaves

Saute onions and mushrooms in butter until soft and golden and remove from pan. Brown meat in remaining butter, but don't cook through. Transfer meat, onions and mushrooms to a casserole dish. Add mustard, salt, 1 tablesp sour cream and sherry to the remaining juices in the pan and stir until ingredients are well blended. Add bay leaf to beef and simmer over very low heat for 25 minutes.

Remove bay leaf, add remaining sour cream and mix.