

Slow Cooker - Beef Goulash

Ingredients

- 750g beef, cubed
- 1 onion
- 2 garlic cloves
- 200g mushrooms, quartered
- 2 large red capsicums, cut into 2cm pieces
- 2 tlb sweet paprika
- 2 dried bay leaves
- 2 cups beef stock
- 400g can diced tomatoes
- 1-2 tablespoons corn flour
- 2 tlb sour cream

Method

1. Add all ingredients, except flour and sour cream
2. Cook for 8 hours on low
3. If it is runny add the corn flour, stir well. Leave lid off and wait to thicken slightly for approx. 10-15 min.
4. Stir in sour cream, serve.