



Beef Stroganoff  
RECIPE

# Beef Stroganoff



**Cooking time** 20 mins  
**Preparation time** 10 mins  
**Serves** 4

It takes just 30 minutes to whip up an easy beef stroganoff the whole family will love. For extra luxury, stir in a few tablespoons of sour cream right at the end of the cooking time. Serve with rice, mashed potatoes or pasta.

## Ingredients

- 1 packet Royco® Black Pepper Sauce (38g)
- 250ml (1 cup) rapidly boiling water, to make up the sauce
- 30ml (2 Tbsp) vegetable oil
- 600g beef strips
- 1 large onion, peeled and sliced
- 1 green pepper, sliced
- 250g button mushrooms, sliced
- 30ml (2 Tbsp) tomato paste
- chopped fresh parsley, to serve

### Vegetarian

Replace the beef in this recipe with another 500g of mixed, sliced mushrooms.

### Family Friendly

Beef Stroganoff is a classic family favourite because it's so comforting, flavourful and hearty. Get the kids involved by asking them to slice the mushrooms and peppers!

## Method

1. Preheat the oven to 180°C.
2. Heat the oil in a pan and add the beef strips. Cook over a high heat until the beef is browned. Tip the strips onto a plate and set aside.
3. Add the onion, green pepper and mushrooms to the pan and fry over a medium heat for 6-8 minutes, or until the onions are golden and the mushrooms are cooked through.

4. Stir in the tomato paste and cook for one more minute.
5. Return the beef strips to the pan, pour in the prepared Royco® Black Pepper Sauce and simmer, stirring occasionally, for 3-5 minutes, or until heated through.
6. Garnish with chopped parsley and serve with rice, mash or pasta.

## Recipe Tags

Beef, Sauce, Dry Sauce, Meat and Veg

## Related Recipes



### [Lamb and Potato Sticks](#)

Cooking time

15 mins

Preparation time

20 mins



### [Saucy Meatballs with Pasta](#)

Cooking time

30 mins

Preparation time

5 mins



### [Chicken a La King](#)

Cooking time

30 mins

Preparation time

15 mins



## **Cheesy Chicken Pasta**

Cooking time

20 mins

Preparation time

15 mins



## **Marinated Mushroom, Boerewors & Apricot Sticks**

Cooking time

15 mins

Preparation time

30 mins



## **Roasted Summer Veg with Herby Feta**

Cooking time

30 mins

Preparation time

10 mins



## **Butternut and Potato Bake**

Cooking time

50 mins

Preparation time

15 mins



## **Tuna Crumble**

Cooking time

25 mins

Preparation time

10 mins



## **Creamy Butter Chicken Pasta**

Cooking time

20 mins

Preparation time

15 mins



## **Crunchy Sweet and Sour Stir-Fry**

Cooking time

15 mins

Preparation time

15 mins

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