



STROGANOFF CASSEROLE

500g pork pieces
1 onion
2 cloves garlic
1/2 cup water
1 beef stock cube
250g mushrooms
1/2 cup low fat sour cream
1 tablespoon chopped parsley

Cut any large pork pieces in half
Peel and chop garlic
Place pork, onion and garlic in a saucepan
Pour water over and add crumbled stock cube.
Cover and simmer for 10 mins
Wipe mushrooms and slice.
Add mushrooms to saucepan and cook for 10 mins.
Stir in sour cream
Bring to just under boiling.

Serve garnished with chopped parsley - Serves 4 to 6