

Beef Goulash With Rice



Ingredients

- 400g diced beef
- 500g casserole veg
- 1 tin of chopped tomatoes
 - 100ml beef stock
 - 4 tbsp tomato puree
 - 2 tbsp paprika
- 2 tsp garlic granules
 - 300g rice

Methods

- 1.** Put the beef and veg in the slow cooker.
- 2.** Mix the stock, tomato puree, paprika and garlic together in a jug and then pour over the beef and veg.
- 3.** Add the tinned tomatoes and stir well.
- 4.** Cook on high in the slow cooker for 5 hours. Or in the oven at 140c for 1.5 hours.
- 5.** Cook the rice as per the packet instructions and serve with the goulash on top.