



**Gluten Free ~ Dairy Free Ultimate Beef Stroganoff**

*Directions:* Thaw. Place in crock pot on low for 7-8 hours or high for 4-5 hours (high for 7-8 if fully frozen). Leave quart bags to defrost. When cooked contents of quart bag to crock pot. Cook on high for 15-30 min. Add ½ cup of tofu “sour cream” or gluten and dairy free yogurt of choice and serve over gluten free pasta, rice or potatoes.

*Date Made:*

*Use By:*



**Gluten Free ~ Dairy Free Ultimate Beef Stroganoff**

*Directions:* Thaw. Place in crock pot on low for 7-8 hours or high for 4-5 hours (high for 7-8 if fully frozen). Leave quart bags to defrost. When cooked contents of quart bag to crock pot. Cook on high for 15-30 min. Add ½ cup of tofu “sour cream” or gluten and dairy free yogurt of choice and serve over gluten free pasta, rice or potatoes.

*Date Made:*

*Use By:*



**Gluten Free ~ Dairy Free Ultimate Beef Stroganoff**

*Directions:* Thaw. Place in crock pot on low for 7-8 hours or high for 4-5 hours (high for 7-8 if fully frozen). Leave quart bags to defrost. When cooked contents of quart bag to crock pot. Cook on high for 15-30 min. Add ½ cup of tofu “sour cream” or gluten and dairy free yogurt of choice and serve over gluten free pasta, rice or potatoes.

*Date Made:*

*Use By:*



**Gluten Free ~ Dairy Free Ultimate Beef Stroganoff**

*Directions:* Thaw. Place in crock pot on low for 7-8 hours or high for 4-5 hours (high for 7-8 if fully frozen). Leave quart bags to defrost. When cooked contents of quart bag to crock pot. Cook on high for 15-30 min. Add ½ cup of tofu “sour cream” or gluten and dairy free yogurt of choice and serve over gluten free pasta, rice or potatoes.

*Date Made:*

*Use By:*



**Gluten Free ~ Dairy Free Ultimate Beef Stroganoff**

*Directions:* Thaw. Place in crock pot on low for 7-8 hours or high for 4-5 hours (high for 7-8 if fully frozen). Leave quart bags to defrost. When cooked contents of quart bag to crock pot. Cook on high for 15-30 min. Add ½ cup of tofu “sour cream” or gluten and dairy free yogurt of choice and serve over gluten free pasta, rice or potatoes.

*Date Made:*

*Use By:*



**Gluten Free ~ Dairy Free Ultimate Beef Stroganoff**

*Directions:* Thaw. Place in crock pot on low for 7-8 hours or high for 4-5 hours (high for 7-8 if fully frozen). Leave quart bags to defrost. When cooked contents of quart bag to crock pot. Cook on high for 15-30 min. Add ½ cup of tofu “sour cream” or gluten and dairy free yogurt of choice and serve over gluten free pasta, rice or potatoes.

*Date Made:*

*Use By:*